

WHAT YOU SHOULD KNOW ABOUT THE COVID-19 VACCINE



Over the past months we have confronted the COVID-19 pandemic, a respiratory infection that spreads from person to person, causing mild symptoms to severe illness, and at times can lead to death. Today, after various clinical tests that have demonstrated their safety and effectiveness, we count with an additional protection to end with the pandemic, **the vaccine against COVID-19, approved by the Food and Drug Administration (FDA).**

It is of utmost importance that you get vaccinated against COVID-19, as it is an important tool to help stop the pandemic. It will help protect you, your family and those around you.

Among the benefits of the vaccine are:

- ✓ Prevent the illness from spreading through vaccine-induced immunity.
- ✓ Protect the people around you, especially those at risk of severe illness.
- ✓ It is the best way to prevent and avoid complications.

Which vaccine will be administered against COVID-19?

Although there are different types of vaccines in development, two have been developed by companies authorized and recommended by the Food and Drug Administration (FDA): Pfizer and Moderna. The differences are as follows:

Company	Administration Time	Age
Pfizer, Inc., and BioNTech	2 doses with a separation of 21 days	16 years or older
Moderna	2 doses with a separation of 28 days	18 years or older

Who can get vaccinated?

Vaccines approved up to this day are recommended for both the adult and youth populations from 16 or 18 years upward, depending on the vaccine to be administered. Until now, and as a precaution, it has been contraindicated for people that have demonstrated an allergy towards either another vaccine or the vaccine components. You must consult with your doctor or vaccine providers for more information on this topic, and validate if there is any contraindication for you.

When receiving the vaccine you will be asked a series of questions to validate if there exists any contraindications for you to receive it.

When will I receive the vaccine?

Mass vaccination will be carried out in phases. At the moment, you must wait and keep an eye out for official information to know when the vaccine will be available for you.

What to expect after receiving the vaccine?

You may experience simple side effects as a result of the vaccine. These should disappear a few days after.

Most common side effects

In the arm where you were vaccinated:	In the rest of the body:
<ul style="list-style-type: none">• Pain• Swelling	<ul style="list-style-type: none">• Fever• Shivers• Exhaustion• Headaches

If you feel pain or any discomfort, talk to your doctor about taking drugs without prescription such as ibuprofen and acetaminophen.

What is the vaccine's cost?

The vaccine does not represent any costs for you.

Should I continue with the preventive methods even after receiving the vaccine against COVID-19?

The health authorities encourage us to keep practicing preventive measures even after receiving the COVID-19 vaccine.

- Wash your hands frequently
- Maintain physical distance
- Use your mask to cover your nose and mouth whenever you are nearby other people outside your household
- Cover your mouth and nose when you cough or sneeze with the inner elbow, if you do not have a tissue available
- Keep cleaning and disinfecting your house and common areas
- Monitor your health every day

While experts obtain more information concerning the protection these vaccines provide against COVID-19, it is important that we all keep up practicing the available preventive measures to help stop the pandemic. This will help protect you, your family and those around you.

Remember, at MCS we want you safe and healthy

Note: the information about the virus and COVID-19 vaccines is under constant investigation, therefore, the provided information may change. To receive updated information, access:

<https://espanol.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

References:

- National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. Latest update: January 11, 2021. <https://espanol.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- Comunicado Proveedores de Vacuna COVID-19. Secretaria Auxiliar de Salud Familiar, Servicios Integrados y Promoción de la Salud, Programa de Vacunación. Departamento de Salud de Puerto Rico. <http://www.salud.gov.pr>



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