Amendments to the Guidelines

 Amendment 2

Date: September 11, 2021

Page: 9

Added Content:

COVID-19 Vaccines

COVID-19 vaccines are safe, effective, and free. Getting vaccinated is the most effective way to prevent severe illness and death from the COVID-19 virus. The CDC recommends COVID-19 vaccination for all people 12 years and older, including people who already had COVID-19, people with underlying medical conditions, and people who are pregnant, breastfeeding, trying to get pregnant, or might become pregnant in the future. People with weakened immune systems may not be fully protected by the vaccine and should continue to follow all precautions recommended for unvaccinated people until advised otherwise by their healthcare provider. If you have questions or concerns about getting vaccinated, you should talk with your healthcare provider.

There are currently three vaccines authorized for use, and other vaccines are in development. The Pfizer and Moderna vaccines require 2 doses, and a third vaccine, developed by Johnson & Johnson requires only 1 dose for effective protection from COVID-19.

While serious side effects from COVID-19 vaccines are extremely rare, there are some common vaccine side effects, which are normal signs that your body is building protection. Common side effects include pain, redness, and swelling at the site of the shot and flu-like symptoms (i.e., tiredness, headache, muscle pain, chills, fever, nausea). The side effects are more common after the second dose and generally go away in a few days. Some people have no side effects.

According to guidance from the CDC, once you are fully vaccinated, you can resume many activities that you did prior to the pandemic. However, if you are in an area with a high number of COVID-19 cases, the CDC recommends wearing a mask indoors and in crowded outdoor settings. Individuals who have weakened immune systems or have an

underlying condition that puts them at greater risk of severe illness or death from COVID-19 should continue to wear well-fitted masks.

More information about COVID-19 vaccines can be found on the CDC website.

COVID-19 vaccines are now widely available for anyone 12 years and older. Search vaccines.gov, text your zip code to 438829, or call 1-800-232-0233 to find COVID-19 vaccine locations near you.