

2.9.2021



If you prefer to watch instead of read, here's an 8 minute FAQ video about Vaccines:

<https://youtu.be/KVLndvFlvEI>

## Who should get the vaccine?

Virtually everyone should ultimately be vaccinated. Because of limited supplies, the distribution of vaccines will be prioritized according to risk. The currently available vaccines are approved for those 16 years or older (Pfizer) or 18 years or older (Moderna).

There is no cost to you to receive the vaccine.

If you see a doctor regularly for treatment for other conditions, or if you have any concerns about the vaccine, it makes sense for you to talk first with your doctor. They can help you determine if there is any reason for you to not take the vaccine.

## What conditions would prevent a person from receiving a COVID vaccine?

You should **NOT** be vaccinated if

- You have had a severe allergic reaction (anaphylaxis) after a previous mRNA COVID-19 vaccine or any components
- You have had an immediate allergic reaction of any severity to previous dose of mRNA COVID-19 vaccine or any components
- You have had an Immediate allergic reaction of any severity to polysorbate (due to potential cross-reactive hypersensitivity with vaccine ingredient)

You **SHOULD** be vaccinated even if you have **allergies**. Allergic reactions to food, pets, venom or environmental allergies, or to oral medications are **NOT** a contraindication for vaccination. The vaccine does

NOT contain, eggs or gelatin; natural rubber latex is used for the stopper, so no there is no contra-indication for those with latex allergy

### **What if I just received another vaccine or antibody therapy?**

The general recommendation is that you allow a minimum interval of 14 days before or after receiving a COVID-19 vaccine receiving any other vaccine. One study suggested a 28 days interval before or after the Shingles (Shingrex) vaccine; you should discuss this with your doctor

People receiving passive antibody therapy should defer vaccine for 90 days as a precaution until more information is known. Again, it makes sense to discuss this with your doctor.

### **What about people with other medical conditions?**

- Immunocompromised people may receive vaccine if there are no other contraindications
- Persons with autoimmune conditions or inflammatory disorders may be vaccinated if there are no other contraindications.
- There is a lack of data regarding COVID vaccination in pregnant and breast-feeding women but they may receive the vaccination. We suggest a discussion with your doctor

### **I already had COVID-19. Do I still need to be vaccinated?**

- People with known, currently symptomatic COVID-19 infection should defer the vaccine until recovery from the acute illness or after meeting the criteria for completion of isolation
- People with known exposure to COVID-19 should not seek vaccination until their quarantine period has ended (to avoid exposing healthcare personnel and others)
- Persons with documented acute COVID-19 infections in preceding 90 days can delay vaccination until end of that period, if desired

### **What type of protection will the vaccine confer?**

The vaccine should prevent severe illness from COVID-19. A vaccinated person may still become Infected but should not get sick. A vaccinated person may still transmit the virus to others (this is currently being studied).

## **Vaccination availability and procedures**

### **How is vaccine distribution being prioritized?**

The state has established 5 groups for vaccination, based on their risk of exposure to the virus and the risk of getting seriously ill or dying from the virus. The first two groups are currently eligible for vaccination, as of 1/14/2021.

1. Health care workers and Long-term Care staff and residents
2. Older (65+) adults
3. Frontline essential workers
4. Adults at high risk for exposure and increased risk of severe illness
5. Everyone

Not sure which group you are in? You can determine your group at this link: <https://findmygroup.nc.gov/>

**As of February 5**, PCHD and private providers are vaccinating those 65yo and older. Those 75 and older are given first priority. Second doses are also currently being administered.

### **Where can I make an appointment to be vaccinated in Pamlico County or nearby?**

- Pamlico County Health Dept (PCHD)
- Private providers: Carolina East and CCHC
- Veterans may receive notification that they are eligible to receive the vaccine in VA facilities in Durham or regional offices.
- Vidant and other providers are organizing mass vaccine drives in other counties. If your circumstances allow you to take advantage of these opportunities, do so.

In the future, we expect that local pharmacies will be administering vaccines, and we expect that there will be mass vaccination events conducted by Pamlico County Emergency Management in partnership with FEMA and the National Guard.

## **What to expect from the vaccine**

### **What are the most common side effects from the vaccine?**

Most people who experience side effects do so after the after second dose. The can include

- Fever, chills, fatigue (1-3 days after vaccination, mostly on day after)
- Pain, redness or swelling at injection site; swollen lymph nodes in the arm receiving vaccine
- Headache
- Less commonly, people experience vomiting, diarrhea and muscle and joint aches

Call the doctor if the redness or tenderness at the immunization site increases after 24 hours or if your side effects are worrying you, or not going away after 2-3 days.

You may use ibuprofen or acetaminophen if you develop side effects, but you should **not** take these medicines prior to getting your vaccine.

### **How long will it take to achieve immunity?**

After 2 doses, it will take 1-2 weeks until you are protected. You are still vulnerable to the virus until several weeks after your second dose, and you may still be able to infect others.

### **How long will I stay immune to the virus?**

We don't yet know how long immunity will last - either natural immunity following infection or immunity following the vaccine. It appears that natural infection protects you for about 3 months.

We do not know how long the vaccine will protect you, but think it may be 6 months to a year. We expect that people will need to be revaccinated or receive a booster. Studies are ongoing to gather this information.

We don't yet know how the current vaccines will protect against future mutations and different viral strains, though there is some indication that the current vaccines do confer protection against the current mutations we are seeing.

# Registering for the vaccine

## Steps to pre-register for COVID-19 Vaccine in Pamlico County - as of 2/5/2021

(these are subject to change as the County receives more vaccine)

### Only Pre Register if you are

--Healthcare workers, and long term care facility's staff and residents

--All those 65 and older

Note - There are other avenues to getting the vaccines, these are just two available exclusively to Pamlico County residents.

### Step 1: Email

Pamlico County Health COVID19 Vaccination Request: click the link, complete the form and submit:

<https://www.pamlicocounty.org/vaccine-request-form.aspx>

### No Email?

Call The Pamlico County Senior Center 252-745-7196 for assistance

### Step 2: The Vaccine Management System will send you an email with instructions:

--Make sure you follow the login directions and answer all questions.

--Your eligibility status will show up after all the questions are answered.

### Step 3: If the Vaccine Management System indicates you are eligible:

--call the Pamlico County Health Department, 252-745-5111 Monday - Friday 8am -5pm.

--an appointment for your vaccination will be scheduled, or you will be put on a waiting list.

### Please be patient

The Health Department receives a very limited number of vaccines each week, and they are working hard to perform the county's regular services in addition to administering the vaccination program. Updates will be provided as changes are made to the pre-registration process. If you have questions, please email or call me.



The COVID-19 Community Task Force (CCTF) is a volunteer organization established to engage the community in responding to the COVID-19 Pandemic and to support and augment the County's efforts. The information shared by the CCTF is not an official communication from Pamlico County, its Health Department or the Pamlico County COVID19 Task Force.