10 things to know about the vaccine

It's tested, safe and effective in preventing COVID-19

1. **Scientists had a head start.**
The vaccines used decades of research that developed vaccines for similar viruses.

2. **They are tested and effective.**
70,000+ volunteers participated in two vaccine clinical trials. Clinical trials noted vaccine is 95% effective in preventing COVID-19 with no serious safety concerns.

3. **They are safe.**
The Food and Drug Administration verifies that vaccines are safe and prevent COVID-19. The FDA will also continuously monitor vaccine safety.

4. **They are mRNA vaccines.**
mRNA vaccines teach our body's cell how to make part of a protein that triggers an immune response.

5. **Cells fight the virus.**
When you receive the vaccine, it causes your immune system to produce antibodies to COVID-19 and to activate T-cells that can destroy infected cells.

6. **Two doses required.**
These doses are given 21-28 days apart, depending on the product.

7. **No major effects expected.**
Some people may have a sore arm, arm warmth, fatigue or a low-grade fever a day or two after receiving the vaccine.

8. **The vaccine cannot give you COVID-19.**
mRNA vaccines do not use the live virus that causes COVID-19.

9. **It's free.**
The COVID-19 vaccine will be available for free, even if you don't have insurance.

10. **Getting vaccinated protects others and slows the spread.**
Our goal is to get 80% of the population immunized to have some level of community immunity.

After getting vaccinated, it is still recommended you wear a mask, wash your hands and stay 6 feet away from others to help stop this pandemic.

For the latest information, go to **GetVaccinated.org**

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COVID-19 vaccinations:
Those most at risk get it first

A tested, safe and effective vaccine will be available to all who want it, but will be distributed in a phased approach with the most at-risk getting vaccinated in the initial phase. See where you land in these four phases.

Phase 1a 1b	Phase 2	Phase 3	Phase 4

1a — High-risk healthcare workers, first responders, long-term care staff and residents

- Healthcare workers caring for and working directly with patients with COVID-19, including staff responsible for cleaning and maintenance in those areas
- Healthcare workers administering vaccine
- Long-term care staff and residents — people in skilled nursing facilities and in adult, family and group homes

1b — Adults age 75 years or older, front-line essential workers

Vaccinations will be available to groups in the following order:

Group 1: Anyone 75 years or older, regardless of health status or living situation

Group 2: Healthcare workers and front-line essential workers age 50 years or older
The Centers for Disease Control and Prevention definition for front-line essential industries includes first responders, education, agriculture, grocery, manufacturing, corrections, public transit and postal workers.

Group 3: Healthcare workers and front-line essential workers of any age

2 — Adults at high risk for exposure and at increased risk of severe illness

Vaccinations will be available to groups in the following order:

Group 1: Anyone 65-74 years old, regardless of health status or living situation

Group 2: Anyone 16-64 years old with high-risk medical conditions that increase risk of severe disease from COVID such as cancer, COPD, serious heart conditions, sickle cell disease, type 2 diabetes, among others, regardless of living situation

Group 3: Anyone who is incarcerated or living in other close group living settings who is not already vaccinated due to age, medical condition or job function

Group 4: Essential workers not yet vaccinated
The Centers for Disease Control and Prevention definition for essential industries includes transportation/logistics, food service, shelter/housing (construction), finance, IT/communications, energy, media, legal, public safety/engineering and water/wastewater.

3 — Other essential workers and children/students

- College and university students
- K-12 students age 16 and over
- Younger children will only be vaccinated when the vaccine is approved for them

4 — All other populations not previously vaccinated

Source: NC Department of Health and Human Services website, accessed Dec. 17, 2020

After getting vaccinated, it is still recommended you wear a mask, wash your hands and stay 6 feet away from others until everyone has a chance to vaccinate.

For the latest information, go to **GetVaccinated.org**

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COVID-19 Vaccine Recommended Resources List

Video:

- **Vaccination 101:** Answering frequently asked questions

- **A message from NH Dr. Jerome Williams, Jr.:** sharing his vaccine experience

- **Nurse and physician interviews:** Novant Health team members share why getting the vaccine is important to them

Text messages to share

Text 1
Appointments for COVID-19 vaccine are limited to people 75 years old and over right now. If you are in that age group, call your primary care provider or your local health department about a vaccination appointment. If you are under 75, learn more about when you can get vaccinated by visiting Novant Health's COVID-19 site, GetVaccinated.org. And help your family and friends by passing this message along and spreading the word.

Text 2

Pass this along to friends! Novant Health offers a dedicated COVID-19 vaccine website, GetVaccinated.org. It's a great resource to learn more about the vaccine and help you stay informed.

Text 3

As we work toward vaccinating our community, it is crucial that you continue to maintain proper social distancing, follow routine hand hygiene, and wear recommended face coverings to protect yourself and others. Keep this message going by forwarding to your friends and family!

Text 4

If you have coronavirus symptoms and don't know where to go, call Novant Health's free 24/7 coronavirus helpline: 1-877-9NOVANT or go online to NovantHealth.org/CoronaVirus to find a testing site near you. The test is free, no insurance is required and visits are confidential. Help your family and friends by passing this message along and spreading the word.

Other resources/Otros Recursos

- Novant Health vaccine landing page: Getvaccinated.org
- Noticias de Salud para Latinos: https://es.novanthealth.org/noticias-de-salud/
- NCDHHS Information and resources in English: https://covid19.ncdhhs.gov/vaccines
- NCDHHS Information and resources in Spanish: https://covid19.ncdhhs.gov/vacuna