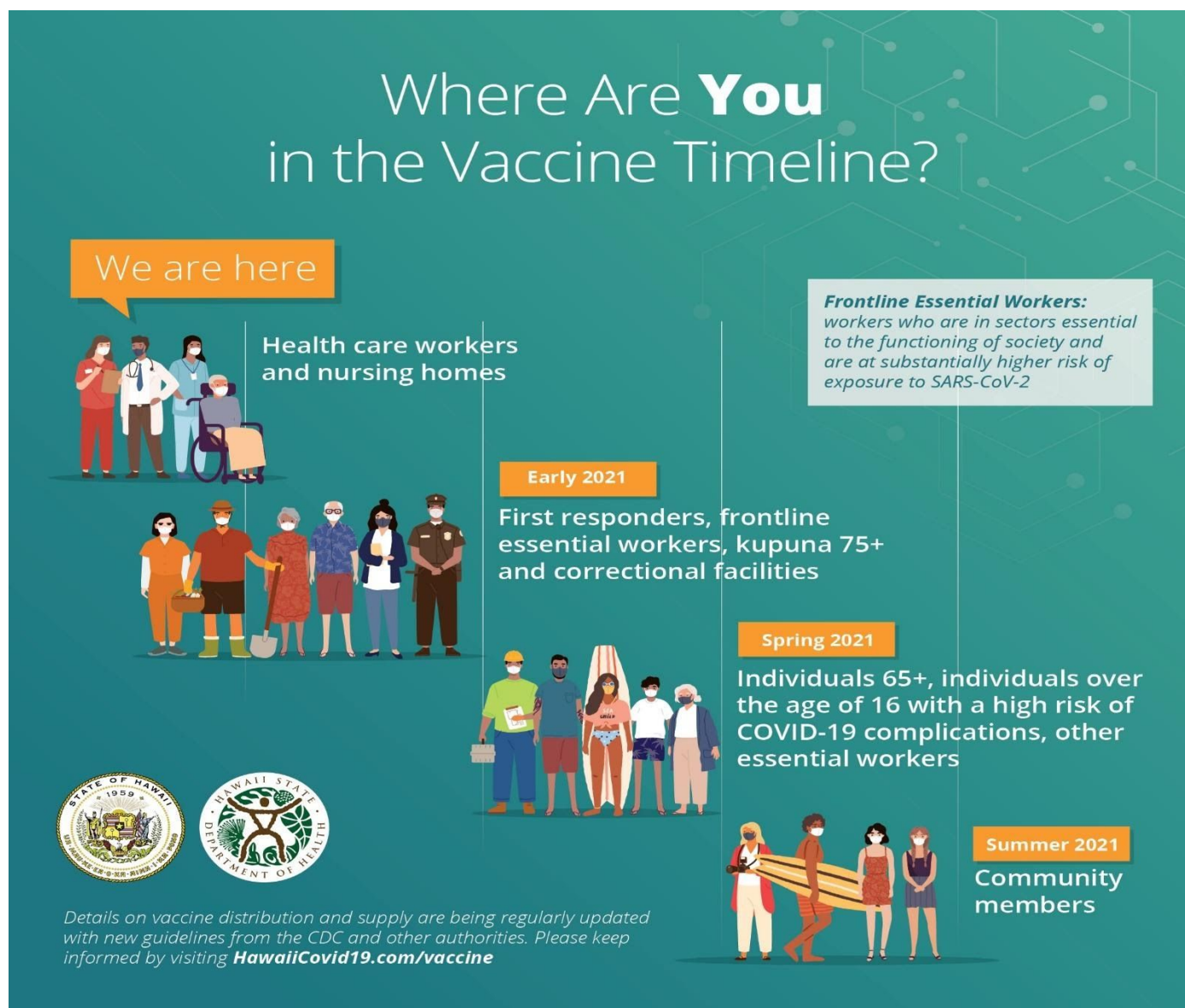


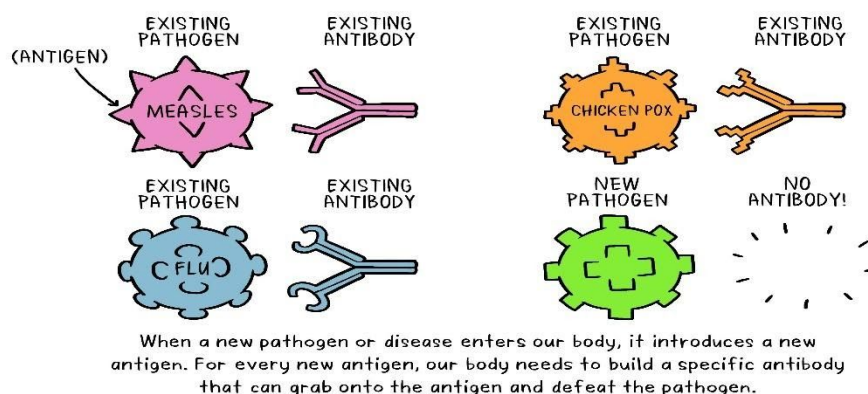
Covid Vaccine Information

The Covid vaccine has been released and in Hawaii, like most states, they are following a phased rollout as to who begins getting the vaccine. Hawaii Department of Health (DOH) has laid out a 4 phase plan to get the vaccine to everyone. As recommended by the CDC they are vaccinating healthcare workers, residents in long-term care facilities and First responders initially. But following their plan, the vaccine should be offered to all of those who want the vaccine by the middle of this summer. Please see the graphic below from the Hawaii DOH to see when it should be available to you.



How do vaccines work?

Vaccines help develop immunity by imitating an infection. Your body thinks it has the infection and makes antibodies that remember the illness and how to fight the disease in the future. It does take a few weeks after being vaccinated for the body to make these antibodies. And for most vaccines, you will need an initial shot and a booster later in order to have the maximum protection. There is a great free online program that you can check out or show your kids to learn more about vaccines. [Lessons | The Vaccine Makers Project](#)



What is herd immunity and why should I care?

Not everyone can be vaccinated because of health issues, or allergies to parts of the vaccine or they are not old enough to receive the vaccine. But, if a lot of people in the community are vaccinated, it is hard for the disease to find someone to infect and be passed along to others because most of the community is immune to the illness. So, the more people who are vaccinated, the less likely those who could not be vaccinated will encounter the illness and that is herd immunity. Most of the “herd” is immune and so the people who are vulnerable are not exposed to the illness. So when you get vaccinated, you are not only protecting yourself, but you are protecting your *kaiāulu*. And remember, there currently are no Covid vaccines approved for children younger than 16, so by you getting vaccinated you are helping to protect our Keiki!

Concerned about getting the Covid vaccine?

The CDC has provided some common answers to questions. Please see the link below.

<https://www.cdc.gov/vaccines/covid-19/hcp/answering-questions.html>

The CDC has also provided a video on what to expect after getting the vaccine

[What to Expect After Getting a COVID-19 Vaccine - YouTube](#)

As well as a **Flyer** [What to Expect after Getting a COVID-19 Vaccine \(cdc.gov\)](#)

Finally, I wanted to share the FDA has provided information on both available vaccines in multiple languages! The Moderna vaccine is only available to those who are 18 years or older at this time.

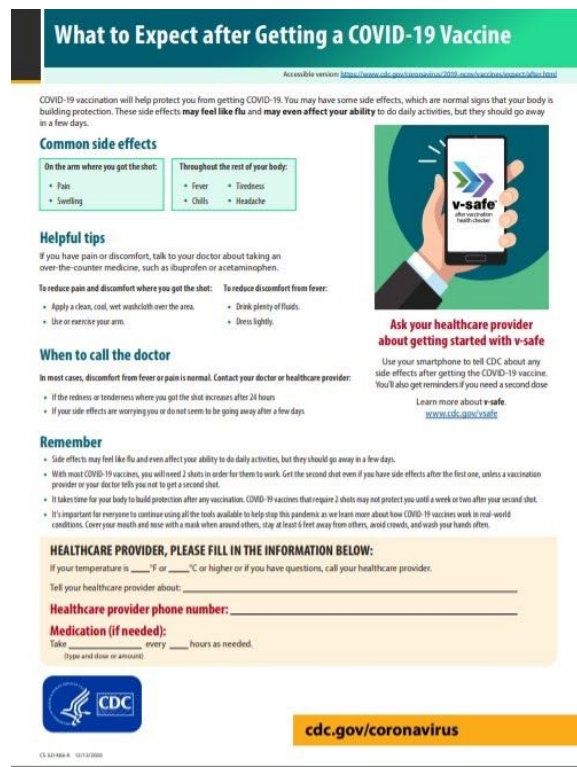
[Moderna COVID-19 Vaccine | FDA](#)

The Pfizer vaccine is available to those who are 16 years or older. [Pfizer-BioNTech COVID-19 Vaccine | FDA](#)

Studies are currently ongoing in patients younger than these age groups. Also, if you have had a history of a severe allergic reaction to vaccines or medications that caused you to STOP breathing, consult your medical provider prior to getting your Covid vaccine.

Things to remember once you are vaccinated

For those who have gotten their first vaccine, remember it takes a few weeks for your body to respond and start producing antibodies. **DO NOT** stop wearing your mask or forget about social distancing. You need that second dose to get the maximum protection provided by the vaccine. Also, remember, a vaccine helps protect and they are not 100% effective. They are extremely effective, but not 100%. So, keeping that in mind, until a large percent of the population is vaccinated it is still recommended to maintain your social distancing of 6 feet, no gatherings of groups, and wear your mask. MAHALO!



What to Expect after Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:	Throughout the rest of your body:
<ul style="list-style-type: none">• Pain• Swelling	<ul style="list-style-type: none">• Fever• Tiredness• Chills• Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is ____°F or ____°C or higher or if you have questions, call your healthcare provider.


Tell your healthcare provider about:

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every _____ hours as needed.

(Type and dose or amount)

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

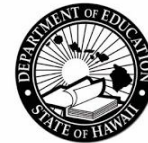
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References

[How do vaccines work? \(who.int\)](http://who.int)

[Understanding How Vaccines Work | CDC](#)

[Lessons | The Vaccine Makers Project](#)

[COVID-19 Vaccine - Hawai'i DOH: Info & Resources for Managing COVID-19 \(hawaiiicovid19.com\)](#)

<https://www.cdc.gov/vaccines/covid-19/hcp/answering-questions.html>

[What to Expect After Getting a COVID-19 Vaccine - YouTube](#)

[Moderna COVID-19 Vaccine | FDA](#)

[Pfizer-BioNTech COVID-19 Vaccine | FDA](#)

[What to Expect after Getting a COVID-19 Vaccine \(cdc.gov\)](#)