

Updates:

Getting 'Back to Normal' Is Going to Take All of Our Tools

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner: Get vaccinated. Stay 6 feet from others, and avoid crowds. Wear a mask. Wash hands often.

As of Jan 26 2021 international travel requires a negative test to return to New York. Please read more here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>

Vaccine distribution is underway in New York State. Please visit [New York COVID-19 Vaccine Site](#) for the most up to date information. New York State has currently extended the vaccine to include those listed in [Phase 1b of the distribution list](#). This phase includes licensed and registered child care providers.

OCFS provided their [guidance](#) to providers in a letter on January 11, 2021

Here is the [link](#) to schedule an appointment for vaccine administration in New York State.

Both the Pfizer and Moderna vaccines are mRNA vaccines, the CDC offers Information on [mRNA vaccines](#) as well as this [video](#) to explain how the mRNA vaccines work.

In short:

- 1) The Pfizer vaccine is approved for use in those 16 years and older and consists of two doses received 21 days apart. You can read more about the [Pfizer Vaccine](#)
- 2) The Moderna Vaccine is authorized for those 18 years and older and consists of two doses 28 days apart. You can read more about the [Moderna Vaccine](#)

Both vaccines are administered intramuscularly and you may have some [side effects](#), which are normal signs that your body is building protection.

The CDC provides up-to-date [tracking information](#) for the COVID-19 vaccines currently available.

According to the CDC:

- 1) The COVID-19 vaccination will help keep you from getting COVID-19
 - All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19. [Learn more about the different COVID-19 vaccines](#).
 - All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19. [Learn more about how federal partners are ensuring COVID-19 vaccines work](#).
 - Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19.

- Getting vaccinated yourself may also protect people around you, [particularly people at increased risk for severe illness from COVID-19](#).
- Experts continue to conduct more studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19.

2) The COVID-19 vaccination is a safer way to help build protection

- COVID-19 can have [serious, life-threatening complications](#), and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.
- Clinical trials of all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine for use under what is known as an Emergency Use Authorization (EUA). [Watch a video on what an EUA is](#).
- Getting COVID-19 may offer some natural protection, known as immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. However, experts don't know for sure how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.
- Both natural immunity and immunity produced by a vaccine are important parts of COVID-19 disease that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

3) COVID-19 vaccination will be an important tool to help stop the pandemic

- Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- The combination of getting vaccinated and following CDC's recommendations [to protect yourself and others](#) will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science.

The University of Michigan offers an article titled: [Not Sure About the COVID-19 Vaccine? Get the Facts, Then Decide](#) that addresses some of the current information being discussed regarding the COVID-19 Vaccines. The topics discussed include: [Speed of vaccine development](#) | [Vaccines and your DNA](#) | [Vaccine side effects](#) | [What's in a COVID vaccine](#) | [Pregnancy & fertility](#) | [Worries about specific groups](#) | [Mutations](#) | [Immune system](#)