



COVID-19 and Vaccine Basics

Kent Hall, MD
Mohawk Valley Health System

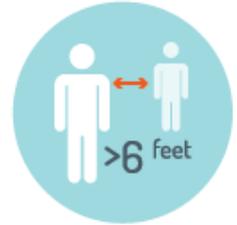
What is known about COVID-19?

- We don't know how COVID-19 will affect each person – everyone's different.
- However, being infected with COVID-19 can result in a range of symptoms, all the way from mild illness to death.
- Some people, such as adults 65 and older or people with certain medical conditions, are more likely than others to become severely ill.



How to prevent COVID-19

- Wear a mask that covers your mouth and nose.
- Avoid close contact with others. Stay at least 6 feet (about 2 arm lengths) from other people.
- Avoid crowds.
- Wash hands often with soap and water or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean surfaces you touch regularly.
- **Get a COVID-19 vaccine.**



COVID-19 vaccination is a safer way to build protection

- COVID-19 vaccination will help protect you by building immunity (natural protection) without the risk of severe illness.



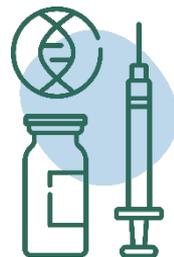
Key facts about COVID-19 vaccination



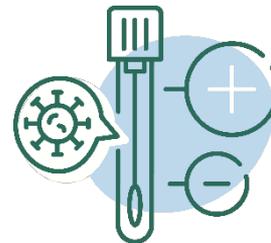
Getting vaccinated can help prevent you from getting sick with COVID-19



People who have already gotten sick with COVID-19 may still benefit from getting vaccinated



COVID-19 vaccines cannot give you COVID-19



COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests*

Vaccine DOES NOT include:

- pork products
- fetal tissue

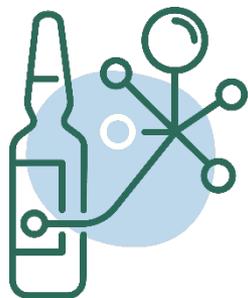
Safety of COVID-19 vaccines is a top priority

COVID-19 vaccines are being held to the **same safety standards** as all vaccines.



COVID-19 vaccination will help protect you from COVID-19

Getting a COVID-19 vaccine...



- Will help protect your body against the virus



- May help keep you from getting severely ill, even if you do get COVID-19

Remember..

COVID-19 vaccines are safe and effective.
They cannot give you the disease.
The vaccine is teaching your body how to
fight COVID-19 if you are exposed.

Side effects are normal reactions.
They may affect your ability to work the next day.
For most people, they only last a day or two.

And, COVID-19 vaccine is endorsed by the Pope!



You may have some side effects



**Pain and swelling
of the arm**



Fever or chills



Tiredness



Headache

Vaccination is one measure to help stop the pandemic

- While COVID-19 vaccines appear to be highly effective, you still must:
 - Cover your nose and mouth with a mask.
 - Stay at least 6 feet from people who don't live with you.
 - Avoid crowds and poorly ventilated indoor spaces.
 - Wash your hands.



Protect yourself, your family, friends, coworkers, and your community. Get vaccinated.

- Choose to get vaccinated when it is offered.
- Share your experience with coworkers, friends, and family.
- Know the basics about the COVID-19 vaccine.
Help answer questions from your family and friends.





Getting Vaccinated

Today, you can get a vaccine if, you are:

- A healthcare worker
- An essential worker – teacher, fire, police, transit workers, grocery store worker, etc.
- Over 65 years old
- Have an illness or disease
 - Cancer
 - Chronic kidney disease
 - Pulmonary Disease
 - Heart conditions
 - Severe Obesity
 - Sickle cell disease or Thalassemia
 - Diabetes
 - Cerebrovascular disease (affects blood vessels and blood supply to the brain)
 - Neurologic conditions including but not limited to Alzheimer's Disease or dementia
 - Liver disease

Where and when to get your vaccine

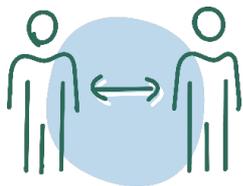
- Limited supply of vaccines right now.
- There are County and State sites – if you have access to a computer you can register online.
- Contact the Center if you want a vaccine and they will reach out to you when sites are available.
- Encourage family and friends to schedule a time for a vaccine – it's a giant step toward being able to go back to “normal.”

After Vaccination

- Continue COVID-19 prevention measures:



Cover your
nose and mouth
with a mask.



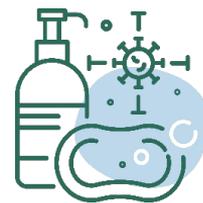
Stay at least 6
feet from people
who don't live
with you.



Avoid crowds
and poorly
ventilated
spaces.



Wash your
hands.



Clean
surfaces you use
all the time.

- If you have questions about your health and vaccination, call your doctor, nurse, or clinic.



Questions?