



# COVID-19 Vaccine Locations

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Please contact one of these sites to schedule your COVID-19 Vaccine

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## Lehigh Valley Health Network

Call 484-884-1767

Sign on to the LVHN portal at

[www.mylvhn.org/mychart/signup](http://www.mylvhn.org/mychart/signup)

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## St. Luke's University Health Network

Call 1-866-785-8537 option 7

Sign on to St. Luke's My Chart at

[www.slhn.org/mychart/Information](http://www.slhn.org/mychart/Information)

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## Allentown Health Bureau

Call 610-437-7760


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Check the map from the PA Department of Health for additional vaccine locations. Click on the blue box that says "Where Can I Get Vaccinated"

<https://www.health.pa.gov/topics/disease/coronavirus/Vaccine/Pages/Vaccine.aspx>



This packet prepared by  
Lehigh County Aging & Adult Services

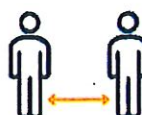


## COVID-19

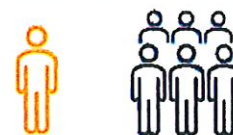
**ACT NOW!**



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

## Facts about COVID-19 Vaccines

Updated Jan. 20, 2021

[Print](#)

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical.

How do I know which sources of COVID-19 vaccine information are accurate?

It can be difficult to know which sources of information you can trust. Learn more about [finding credible vaccine information](#).

## Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended [COVID-19 vaccines](#) or [COVID-19 vaccines currently in development in the United States](#) contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19. Learn more about [how COVID-19 vaccines work](#).

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

## After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on [viral tests](#), which are used to see if you have a current infection.

If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some [antibody tests](#). Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.



## If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

## Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications. Learn more about how COVID-19 vaccines work.

## Will a COVID-19 vaccine alter my DNA?

No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.

Messenger RNA vaccines—also called mRNA vaccines—are the first COVID-19 vaccines authorized for use in the United States. mRNA vaccines teach our cells how to make a protein that triggers an immune response. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease. Learn more about how COVID-19 mRNA vaccines work.

At the end of the process, our bodies have learned how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies.

## Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. People who want to get pregnant in the future may receive the COVID-19 vaccine.

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Based on current knowledge, experts believe that COVID-19 vaccines are unlikely to pose a risk to a person trying to become pregnant in the short or long term. Scientists study every vaccine carefully for side effects immediately and for years afterward. The COVID-19 vaccines are being studied carefully now and will continue to be studied for many years, similar to other vaccines.

The COVID-19 vaccine, like other vaccines, works by training our bodies to develop antibodies to fight against the virus that causes COVID-19, to prevent future illness. There is currently no evidence that antibodies formed from COVID-19 vaccination cause any problems with pregnancy, including the development of the placenta. In addition, there is no evidence suggesting that fertility problems are a side effect of ANY vaccine. People who are trying to become pregnant now or who plan to try in the future may receive the COVID-19 vaccine when it becomes available to them.

Last Updated Jan. 20, 2021

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



## COVID-19



# What to Expect at Your Appointment to Get Vaccinated for COVID-19

Updated Jan. 7, 2021

[Print](#)

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.



Because COVID-19 is a new disease with new vaccines, you may have questions about what happens before, during, and after your appointment to get vaccinated. These tips will help you know what to expect when you get vaccinated, what information your provider will give you, and resources you can use to monitor your health after you are vaccinated.

## Before Vaccination

- See if COVID-19 vaccination is recommended for you right now.
- Learn more about the [different types of COVID-19 vaccines and how they work](#).
- Learn more about the [benefits of getting a COVID-19 vaccination](#).
- When you get the vaccine, you *and* your healthcare worker will both need to wear masks that cover your nose and mouth. Stay 6 feet away from others while inside and in lines. [Learn more about protecting yourself during visits to the doctor or a pharmacy](#).

## When You Get Vaccinated

- You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it.
- You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered. Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine.
- All people who get a COVID-19 vaccine should be monitored on-site. Learn more about [COVID-19 vaccines and rare severe allergic reactions](#).



## After Vaccination

- With most COVID-19 vaccines, you will need two 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.
- Ask your healthcare provider about getting started with [v-safe](#), a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. V-safe also reminds you to get your second dose if you need one. Learn more at [www.cdc.gov/vsafe](https://www.cdc.gov/vsafe).
- 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.

### What to Expect after Getting a COVID-19 Vaccine

Learn about common side effects and get helpful tips on how to reduce your pain and discomfort



# Benefits of Getting a COVID-19 Vaccine

Updated Jan. 5, 2021

[Print](#)

We understand that some people may be concerned about getting vaccinated now that COVID-19 vaccines are available in the United States. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to **ensure the safety** of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

## Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make you sick with COVID-19. [Facts about COVID-19 Vaccines](#)

Below is a summary of the benefits of COVID-19 vaccination based on what we currently know. CDC will continue to update this page as more data become available.

## 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.

## 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.

# 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.

## Information about each Vaccine!!! ([www.cdc.gov](http://www.cdc.gov))

### **Pfizer-BioNTech COVID-19**

Name: BNT162b2      Manufacturer: Pfizer, Inc. and BioNTech

Type of vaccine: mRNA      Number of shots: 2 shots, 21 days apart

How given: shot in the muscle of the upper arm

Does not contain:

- Eggs
- Preservatives
- Latex

Who should get vaccinated--- The Pfizer-BioNTech vaccine is recommended for people aged 16 years and older

Who should not get vaccinated--- If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction---even if it was not severe---to any ingredient in an mRNA COVID-19 vaccine, you should not get an mRNA COVID-19 vaccine. This includes allergic reactions to polyethylene glycol (PEG) and polysorbate. Polysorbate is not an ingredient in either mRNA COVID-19 Vaccine, but is closely related to PEG, which is in the vaccine. People who are allergic to either should not get an mRNA COVID-19 vaccine.

The Pfizer-BioNTech COVID-19 Vaccine includes the following ingredients: mRNA, lipids ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, and cholesterol), potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose



If you have had an allergic reaction (even if it was not severe) after getting the first dose of the vaccine, you should not get another dose. An immediate reaction means a reaction within 4 hours of getting vaccinated, including symptoms such as hives, swelling, or wheezing (respiratory distress).

#### Side effects and safety information:

Most common side effects are....

- Pain, swelling and redness in the arm where you got the shot
- Chills, tiredness and headache throughout the rest of your body

These side effects usually start within a day or two of getting the vaccine. They might feel like flu symptoms and might even affect your ability to do daily activities, but they should go away in a few days. This is a sign that the vaccine is working and that your immune system is doing exactly what it is supposed to do ([www.slnh.org](http://www.slnh.org)).

#### Information about how well the vaccine works:

- Based on evidence from clinical trials, the Pfizer-BioNTech vaccine was 95% effective at preventing laboratory-confirmed COVID-19 illness in people without evidence of previous infection
- CDC will continue to provide updates as we learn more about how well the Pfizer-BioNTech vaccine works in real-world conditions.

#### Demographic information from clinical trials:

Phase 2 and 3 clinical trials included people from the following racial and ethnic categories :

- 81.9% White
- 26.2% Hispanic/Latino
- 9.8% African American
- 4.4% Asian
- < 3% other races/ethnicities

Age and sex breakdown:

- 50.6% male
- 49.4% female
- 21.4% 65 years or older

The most frequent underlying medical conditions were obesity (35.1%), diabetes (8.4%), and pulmonary disease (7.8%).



# **Moderna COVID-19**

Name: mRNA-1273

Manufacturer: ModernaTX, Inc.

Type of vaccine: mRNA

Number of shots: 2 shots, 28-30 days apart

How given: shot in the muscle of the upper arm

Does not contain:

- Eggs
- Preservatives
- Latex

Who should get vaccinated--- The Moderna vaccine is recommended for people aged 18 years and older

Who should not get vaccinated--- If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction---even if it was not severe—to any ingredient in an mRNA COVID-19 vaccine, you should not get an mRNA COVID-19 vaccine. This includes allergic reactions to polyethylene glycol (PEG) and polysorbate. Polysorbate is not an ingredient in either mRNA COVID-19 Vaccine, but is closely related to PEG, which is in the vaccine. People who are allergic to either should not get an mRNA COVID-19 vaccine.

The Moderna COVID-19 Vaccine contains the following ingredients: messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose.

If you have had an allergic reaction (even if it was not severe) after getting the first dose of the vaccine, you should not get another dose. An immediate reaction means a reaction within 4 hours of getting vaccinated, including symptoms such as hives, swelling, or wheezing (respiratory distress).

Side effects and safety information:

Most common side effects are....

- Pain, swelling and redness in the arm where you got the shot
- Chills, tiredness and headache throughout the rest of your body

These side effects usually start within a day or two of getting the vaccine. They might feel like flu symptoms and might even affect your ability to do daily activities, but they should go away in a few days. This is a sign that the vaccine is working and that your immune system is doing exactly what it is supposed to do ([www.slhn.org](http://www.slhn.org)).

#### Information about how well the vaccine works:

- Based on evidence from clinical trials, the Moderna vaccine was 94.1% effective at preventing laboratory-confirmed COVID-19 illness in people who received two doses who had no evidence of previous infection
- The vaccine appeared to have high effectiveness in clinical trials (efficacy) among people of diverse age, sex, race, and ethnicity categories and among persons with underlying medical conditions.
- Although few people in the clinical trials were admitted to the hospital, this happened less often in the people who got the Moderna vaccine compared to people who got the saline placebo.
- CDC will continue to provide updates as we learn more about how well the Moderna vaccine works in real-world conditions.

#### Demographic information from clinical trials:

Clinical trials for Moderna vaccine included people from the following racial and ethnic categories:

- 79.4% White
- 20% Hispanic/Latino
- 9.7% African American
- 4.7% Asian
- < 3% other races/ethnicities

#### Age and sex breakdown:

- 52.6 % male
- 47.4 % female
- 25.3% 65 years and older

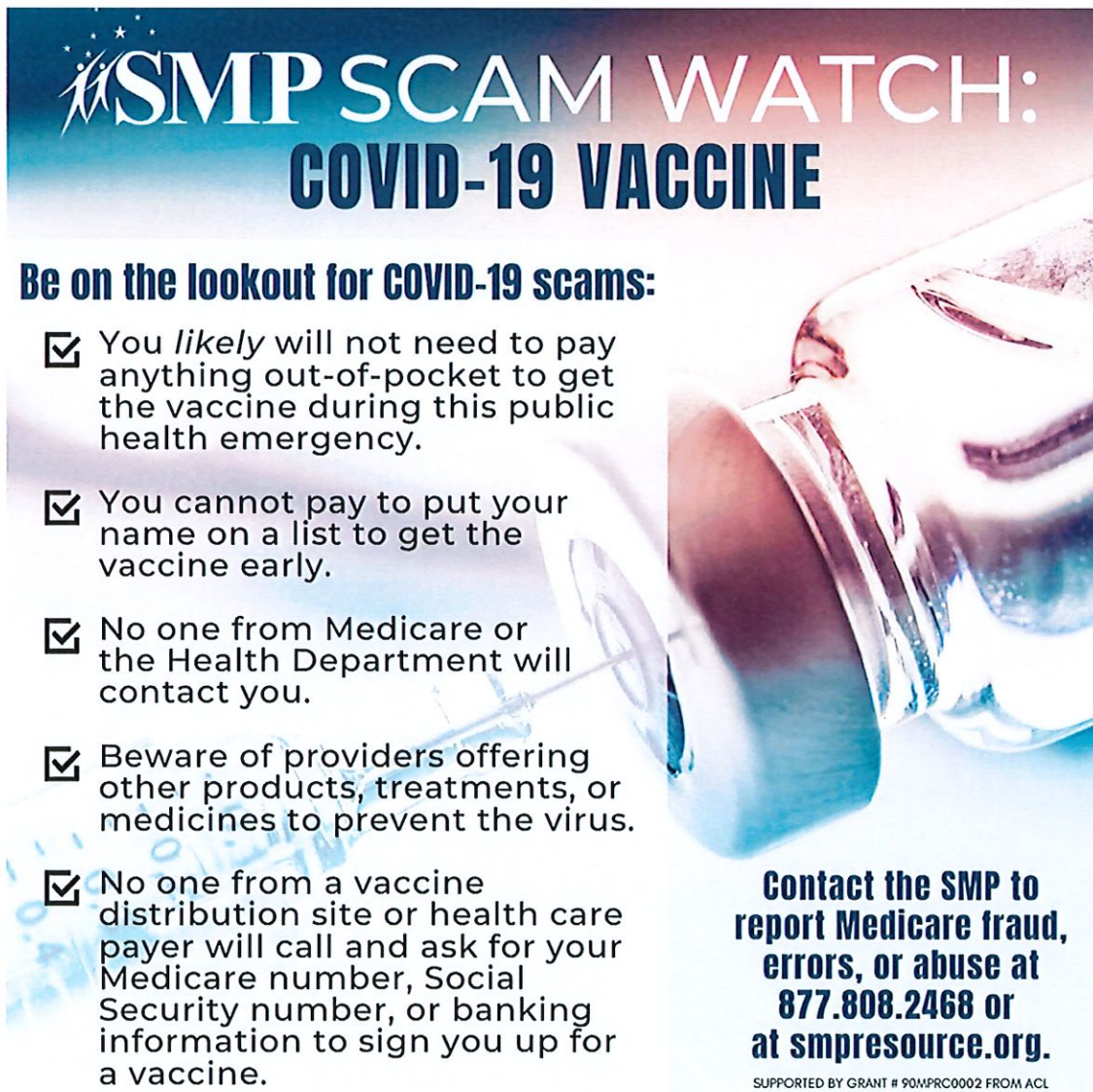
Most people who participated in the trials (82%) were considered to have an occupational risk of exposure, with 25.4% of them being healthcare workers.

Among people who participated in the clinical trials, 22.3% had at least one high-risk condition, which included lung disease, heart disease, obesity, diabetes, liver disease, or HIV infection. Four percent (4%) of participants had two or more high-risk conditions.



# Messages to Help Older Adults

- Please keep in mind that there is simply not yet enough vaccine to immunize everyone who is eligible. So, even if you are eligible, you may need to wait to get an appointment to receive the vaccine.
- Just as the state Department of Health must evaluate the amount of vaccine supplied to Pennsylvania from week to week, local providers of the vaccine must also wait to find out each week how much they will have available
- Please act with continued patience, supply remains limited but as more vaccine becomes available more providers will be able to serve greater numbers of older adults.
- Please continue to practice social distancing and mask wearing while you wait and after you receive the vaccine.
- Please be aware of vaccine scams



## **SMP SCAM WATCH: COVID-19 VACCINE**

**Be on the lookout for COVID-19 scams:**

- ☒ You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- ☒ You cannot pay to put your name on a list to get the vaccine early.
- ☒ No one from Medicare or the Health Department will contact you.
- ☒ Beware of providers offering other products, treatments, or medicines to prevent the virus.
- ☒ No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

**Contact the SMP to report Medicare fraud, errors, or abuse at 877.808.2468 or at [smpresource.org](https://www.smpresource.org).**

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