

COVID-19 VACCINE Q&A

WHAT VACCINES ARE AVAILABLE?

- ▶ **Pfizer/BioNTech** Each requires **2 doses** administered about 21-28 days apart.
- ▶ **Moderna**
- ▶ **Janssen (J&J)** Requires **1 dose**

WHO CAN GET VACCINATED?

While it is **voluntary**, getting vaccinated is highly encouraged. Factors to consider:

- ▶ Some **normality** can return with herd immunity possible if roughly **75-80%** of the population become vaccinated.
- ▶ It is **safe for people who have had COVID-19** and will confer more certain immunity.
- ▶ Per the American College of Obstetrics and Gynecology, the COVID vaccine should not be withheld from **pregnant or breastfeeding women**, who should have a conversation with their healthcare provider.
- ▶ Possible **side effects** generally last about **24 hours** and include fatigue, muscle aches, joint pain, headache, pain and redness at the injection site.
- ▶ **Severe allergic reactions** per 1 million:
Moderna = 2.5 | Pfizer = 11.1 | Janssen = 1

WHERE CAN I GET VACCINATED?

- ▶ **All TPU and IMA Soldiers** and beneficiaries can receive the vaccine at any military treatment facility.
- ▶ If you have **TRICARE**, you can get the vaccine at no charge from any TRICARE network and non-network pharmacy.
- ▶ It may be available **in your community and certain retail pharmacies** are offering the vaccine free of charge regardless of insurance status.
- ▶ **Veterans** who are enrolled in Veterans Affairs healthcare may receive the vaccine for free from the VA.

WHY SHOULD I GET VACCINATED?

- ▶ **Reduce the risk** of getting COVID-19 while limiting the spread of the virus to your family and community.

WHEN CAN I GET VACCINATED?

- ▶ **NOW!** Military treatment facilities are accepting all DoD-eligible personnel, and all people 16 and older are eligible for the vaccine in every state.

HOW DO I STAY INFORMED?

- ▶ Army Reserve information: www.usar.army.mil/COVID19/
- ▶ Army Reserve Family Programs: www.usar.army.mil/ARFP/
- ▶ Vaccine information and locator: vaccines.gov
- ▶ Centers for Disease Control and Prevention COVID-19 information: www.cdc.gov/coronavirus/2019-nCoV/index.html

