

## VACCINE Q&A

### WHAT VACCINES ARE AVAILABLE?

- **Pfizer/BioNTech and Moderna:** 2 doses about 21-28 days apart
- **Janssen (J&J):** 1 dose

### WHO CAN GET VACCINATED?

Ages 12 and older are eligible.

### WHERE CAN I GET VACCINATED?

All TPU and IMA Soldiers and beneficiaries can receive the vaccine at military treatment facilities. Find out where vaccines are available in your community at [VACCINES.GOV](https://www.vaccines.gov).

### ARE THE VACCINES SAFE?

**MORE THAN 346 MILLION DOSES** have been given in the U.S. through Aug. 2, 2021.

**Common side effects** include: infection, swelling, redness and pain at injection site; fever; headache; tiredness; muscle pain; chills; and nausea.

### Long-term side effects are unlikely for any vaccination.

Side-effects generally happen within six weeks of a vaccine dose. Millions have received COVID-19 vaccines with no long-term side effects detected. In 200 years of vaccines, there has never been a side effect that has arisen over 60 days after the vaccine administration.

### Serious safety problems are rare. Known issues include:

- **Anaphylaxis (severe allergic reaction)** occurs in 2-5 cases per million doses. You will be asked to stay 15-30 minutes after getting a vaccine to monitor for severe allergic reaction and need for immediate treatment.
- **Thrombosis (blood clots)** occurs only with the J&J vaccine, and so far there have been 39 cases after 13 million doses given.
- **Myocarditis (inflammation condition of the heart)** is very rare with 730 cases in persons under 30 out of over 350 million doses.

### HOW DO I STAY INFORMED?

- Army Reserve information: [www.usar.army.mil/COVID19/](https://www.usar.army.mil/COVID19/)
- Army Reserve Family Programs: [www.usar.army.mil/ARFP/](https://www.usar.army.mil/ARFP/)
- CDC COVID-19 information: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

WHY SHOULD I GET VACCINATED?

PROTECT YOUR FAMILY, COMMUNITY, CO-WORKERS & YOURSELF!

## DELTA VARIANT

### PREDOMINANT

More than **80%** of new U.S. cases as of July 31

### MORE CONTAGIOUS

May cause **more than 2 times as many infections** compared with the original strain.

### SPREADS RAPIDLY

- **Unvaccinated people** are the most at risk.
- People with **only one dose of Pfizer** remain very vulnerable with 36% effectiveness against symptomatic disease.

### GET VACCINATED

Scientists have reported that Pfizer and Moderna set off a persistent immune reaction in the body that **may provide protection for years.**

Efficacy through six months, according to recent studies: **Pfizer: 84%** • **Moderna: 93%**

Makers for both vaccines have suggested a third dose may be needed. For now, the FDA is authorizing such action for people with weakened immune systems.

Evidence for **J&J** has been limited because of a later rollout. Release of clinical trial data on a two-dose study is expected soon.

**Almost all the hospitalizations and deaths (~97-99%)** are among the unvaccinated in the U.S.

### WEAR MASKS

Breakthrough infections among the vaccinated are still possible. **Wearing masks indoors** in public maximizes protection and helps minimize the spread.

