

\*\*\* For advanced information not provided on this sheet, please refer back to Ed

## General Information about the Moderna COVID-19 Vaccine

- Emergency use is only approved for people aged 18 years and older
- 2 doses, separated by 4 weeks, ideally
  - BUT is ok to vaccinate up to 6 weeks after the first dose
- 94.5% effective, measured 14 days after the second dose (you are considered fully vaccinated after 14 days!)
  - First dose efficacy is estimated to be 91.2%
- Both doses of the COVID-19 vaccine should be separated from any other vaccine by 14 days
- If you have had COVID and were treated with convalescent plasma or monoclonal antibodies (the treatment that Trump had), you must wait 90 days before getting vaccinated

## How it works

- This is the first mRNA vaccine on the market, but this technology has been studied for over a decade
- The mRNA contains genetic information to instruct our bodies to form the spike protein found on COVID-19. Once our bodies make the spike protein, our immune system recognizes it as foreign and begins to form antibodies. These antibodies learn how to fight the spike protein and will be equipped to fight COVID-19 if our bodies are ever exposed to it again.
  - mRNA vaccines DO NOT affect our DNA, it never enters the nucleus
- You cannot get COVID from the vaccine because it is not a live vaccine

## Side effects

- **Arm soreness**/swelling/redness, chills, fatigue, headache
  - Ok to take Tylenol/Advil **after** the vaccine, do not take any beforehand to try to prevent it—it may reduce vaccine response
  - Reduce pain at the site by applying a clean, cool, wet washcloth over the area and use or exercise your arm
  - To reduce fever discomfort, hydrate and dress lightly
- Side effects were more common after the second dose of the vaccine
  - Subjects **18-64** years of age were **more likely** to experience an adverse reaction

## Ingredients

- Does not contain eggs, preservatives or latex
- The most concerning ingredient in terms of allergies is polyethylene glycol or polysorbate
  - Most patient's will not be sure if they are allergic to these ingredients – they would know
  - Polysorbate is used in numerous foods such as ice cream and pudding
  - Polyethylene glycol or PEG is the main ingredient in Miralax

## Post-Vaccine Monitoring

- 15 minutes
- 30 minutes if patients have had a history of severe allergic reaction requiring use of an EpiPen or hospitalization
- Purpose is to monitor for anaphylaxis
  - Symptoms include trouble breathing, pain or pressure in the chest, bluish lips/face

## Post-Vaccination Expectations

- Masks and social distancing are still required!!
- The vaccine is not 100% effective
- We need about 70% of the population to be vaccinated to reach herd immunity
  - As of the end of January 2021, about 3% of the population was estimated to be fully vaccinated

## Other FAQs

### **Q: When can I get vaccinated???**

**A:** We are doing everything WE can to get as many people vaccinated as possible. Unfortunately, due to allocation issues, we cannot get to as many people as we'd like. What we are asking is to be patient and to try to let others who may need the vaccine more than you to receive theirs first. The elderly who do not have access to a computer or are not technology savvy are at an astronomical disadvantage right now. Say you are a 30-year-old with hypertension, and your 65-year-old mother has cancer and diabetes. Would you give up your dose for your mother? We are asking everyone to be mindful of their higher-risk neighbors.

### **Q: I received the Pfizer vaccine for my first dose, can I get Moderna as my second?**

**A:** No, the CDC recommends you receive the same manufacturer for both doses

### **Q: I have \_\_\_\_ disease / I am pregnant / I am planning to get pregnant, should I still get the vaccine?**

**A:** Yes. If you are worried about getting the vaccine, it's best to reach out to your PCP to weigh the risks and benefits. The only hard exclusion to the vaccine is a severe allergy to polysorbate, polyethylene glycol, or a previous dose of the vaccine.

### **Q: Now that I am vaccinated, do I have to quarantine if I am potentially exposed to COVID?**

**A:** If it has been less than 3 months since your second dose, no. If it has been over 3 months since your second dose, yes. This is because we are unsure of long-term efficacy at this point.

### **Q: If I have already had COVID-19, do I need the vaccine?**

**A:** Yes. We are unsure of how long you are protected after recovery. You could be reinfected again.

### **Q: I am sick (any acute illness) or I have COVID, can I get the vaccine?**

**A:** No, you should wait until you have recovered from your illness before getting vaccinated.

### **Q: Will I test positive for COVID-19 on a viral test?**

**A:** No. You will not test positive on viral tests, which are used to see if you have a current infection. However, because your body develops an immune response, you may test positive on some antibody tests, which are used to see if you had a previous infection.

### **Q: How do we really know if COVID-19 vaccines are safe?**

**A:** The Food and Drug Administration (FDA) carefully reviews all safety data from clinical trials and authorizes emergency vaccine use only when the expected benefits outweigh potential risks. The Advisory Committee on Immunization Practices (ACIP) reviews all safety data before recommending any COVID-19 vaccine for use. FDA and CDC will continue to monitor the safety of COVID-19 vaccines, to make sure even very rare side effects are identified.