

# Getting 'Back to Normal' is going to take ALL OF OUR TOOLS

Get vaccinated. Wear a mask. Avoid crowds. Wash hands often.



## COMMON COVID-19 VACCINE QUESTIONS

### WHY SHOULD I GET A COVID-19 VACCINE?

COVID-19 is the worst global pandemic in a century, and it has taken a devastating toll on our families and communities.

COVID-19 vaccines protect you. The sooner most people are vaccinated and protected against COVID-19 disease, the sooner New Mexicans and all Americans can get back to normal life.

### ARE COVID-19 VACCINES SAFE?

COVID-19 vaccines were tested in large studies with thousands of adults of all ages, including those 65 and older. The vaccines were found to be safe and provided very strong protection in older adults.

**The risk of catching the virus and having a bad outcome is much higher than any risk from the vaccine.**

### CAN THE COVID-19 VACCINE CAUSE COVID-19 DISEASE?

The **vaccine cannot give you COVID-19**; there is no live virus in it!

### ARE THERE ANY SHORT-TERM SIDE EFFECTS TO LOOK OUT FOR?

While the COVID-19 vaccination will protect you from COVID-19, you may have some adverse reactions, which are normal signs that your body is building protection. These should go away in a few days.

- On the arm where you got the shot: pain, swelling
- Throughout the rest of your body: fever, chills, tiredness, headache

### WHAT CAN I DO IF I HAVE SIDE EFFECTS FROM THE VACCINE?

- Talk to your doctor about over-the-counter pain relievers, such as ibuprofen or acetaminophen.
- For pain in the area where you got the shot, apply a cool wet washcloth and move the arm.
- For fever, drink plenty of fluids and dress lightly.

**VISIT [VACCINENM.ORG](https://www.vaccinenm.org) OR CALL 1-855-600-3453**

# COMMON COVID-19 VACCINE QUESTIONS

## HOW MANY SHOTS WILL I NEED?

The vaccines currently available require that you receive 2 shots

- Pfizer - 21 days apart
- Moderna - 28 days apart

## ARE COVID VACCINES REQUIRED?

State and federal governments do not require people to be vaccinated for COVID-19. Some private entities may require their employees to get vaccinated.

## WILL WE STILL NEED TO WEAR A MASK?

Yes. The vaccines are very effective at preventing infections, but we don't know yet how effectively they prevent transmission. To protect your loved ones, continue to:

- Wear a mask when around others.
- Avoid close contact with people who are sick.
- Avoid crowds.
- Stay six feet away from others.
- Wash your hands frequently with soap and water for a minimum of 20 seconds and dry hands with a dry or paper towel. (Use hand sanitizer if soap and water are not available.)

## WHAT IF EMPLOYEES GET A FEVER AFTER THEIR VACCINATION?

Employees who have a fever after vaccination should stay home and get tested for COVID-19. If the virus is not the likely cause of the fever, they may return to work based on their employer's policy.

## IS EVERYONE ELIGIBLE?

Yes. Individuals are encouraged to register for vaccine at [vaccinenm.org](https://vaccinenm.org). After you create your profile, DOH will notify you when vaccine is available.

Over the next few months, New Mexico will receive limited supplies of COVID-19 vaccine. DOH aims to offer vaccine to the general public by mid-2021.

Register to request an appointment for your vaccine at [vaccinenm.org](https://vaccinenm.org) or call 1-855-600-3453.

## WHAT IF I'VE ALREADY HAD COVID?

People who have already had the COVID-19 virus, with or without obvious symptoms, should be vaccinated. If a person currently has COVID-19, that person should not receive the vaccine until they have recovered from illness. Once the person does not have symptoms and is no longer required to isolate, they should get the vaccination.

Testing to determine prior infection is not recommended.

## HOW MUCH WILL IT COST?

There is **no cost to receive the vaccine and you will not be billed directly**. Your provider may bill your insurance company.

To register for your COVID-19 vaccine visit: [vaccinenm.org](https://vaccinenm.org)

For more information on the COVID-19 vaccine visit: [cv.nmhealth.org/covid-vaccine](https://cv.nmhealth.org/covid-vaccine)

