



BHR Bulletin, COVID-19 VACCINATION UPDATES

Updated January 26, 2021 (scroll down)

Information provided is taken from the Centers for Disease Control and Prevention ([CDC](#)) and Oregon Health Authority ([OHA](#)) resources, with input from our own Joel Michels, Nurse Practitioner, Occupational Health and Well-being Program Manager.

1. **Q:** How are vaccines being allocated?

A: Both the [CDC](#) and [OHA](#) have released plans for allocation based on getting vaccine to those at highest risk first, with careful consideration and action to reach those being most affected by COVID-19. The plan is to distribute vaccine in phases -- targeting healthcare personnel, first responders, and people living and working in long-term care and assisted living facilities first. Subsequent phases will get vaccine to those with pre-existing health conditions, older age groups, and frontline essential workers.

2. **Q:** Why are there phases? Isn't there enough vaccine for everyone?

A: Not yet. Phases are needed to get the vaccine to those at the highest risk and people having complications from COVID-19. Production of vaccine is ongoing and eventually everyone will have an opportunity to be vaccinated.

3. **Q:** When will I receive my vaccine?

A: It depends on which phase targets you, and when vaccine is available. While you may be offered vaccine from your employer (more on that below), it might be faster to get vaccinated by your primary care provider or a pharmacy if you have a health condition or your age puts you into a high-risk group in one of the earlier phases.

4. **Q:** How long until essential workers and other staff are offered shots?

A: It depends on how long it takes for everyone in prior phases to get theirs. We are estimating the frontline essential workers' phase may come in early March, but planning is underway preparing for a possible earlier date. No decisions have been finalized about how or where employees will get their shots -- expect more information about this in the coming weeks.

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5. **Q:** What are the most common side effects?

A: Pain and swelling at the injection site are the most common. Fatigue, headache, fever, and chills are also possible and indicate that your immune system is responding to the vaccine and creating antibodies to the virus as expected. These usually last 1-3 days and can be managed by taking over-the-counter analgesic medications as directed by your healthcare provider, using or exercising your arm, staying hydrated, and resting.

6. **Q:** If I already had COVID-19 do I still need the vaccine?

A: Yes. Due to the severe health risks associated with COVID-19 and the fact that reinfection is possible, the CDC advises being vaccinated regardless of whether you already had COVID-19 infection.

7. **Q:** What about people who have allergic reactions to vaccines or to other things like penicillin or bee stings?

A: If you have had an immediate allergic reaction—even if it was not severe—to a vaccine or injectable therapy for another disease, **ask your doctor if you should get a COVID-19 vaccine.** Your doctor will help you decide if it is safe for you to get vaccinated.

The CDC recommends that people with a history of severe allergic reactions not related to vaccines or injectable medications—such as food, pets, venom, environmental, or latex allergies—get vaccinated. People with a history of allergies to oral medications or a family history of severe allergic reactions may also get vaccinated.

If you have had an immediate allergic reaction—even if it was not severe—to any ingredient in an mRNA COVID-19 vaccine, **CDC recommends that you should not get either of the currently available mRNA COVID-19 vaccines.** If you had an immediate allergic reaction after getting the first dose of an mRNA COVID-19 vaccine, **you should not get the second dose.** Your doctor may refer you to a specialist in allergies and immunology to provide more care or advice.

8. **Q:** What are the vaccine ingredients?

A: The two COVID-19 vaccines currently available in the United States do **not** contain eggs, preservatives, or latex. For a full list of ingredients, please see each vaccine's Fact Sheet for Recipients and Caregivers:

[Pfizer-BioNTech COVID-19 vaccine](#)

[Moderna COVID-19 vaccine](#)

People who are allergic to any of the ingredients including polyethylene glycol (PEG) or polysorbate should not get an mRNA COVID-19 vaccine. These recommendations include allergic reactions to PEG and polysorbate. Polysorbate is not an ingredient in

either mRNA COVID-19 vaccine but is closely related to PEG, which is in the vaccines.

9. **Q:** Can I get the vaccine if I'm pregnant or breastfeeding?

A: While no data are available yet on the safety of COVID-19 vaccines during pregnancy, people who are pregnant and part of a [group recommended](#) to receive the COVID-19 vaccine may choose to be vaccinated. Talk with your healthcare provider to help make an informed decision.

No data are available yet on the safety of COVID-19 vaccines in lactating women or on the effects of mRNA vaccines on breastfed infants or on milk production/excretion. mRNA vaccines are not thought to be a risk to breastfeeding infants. People who are breastfeeding and are part of a [group recommended](#) to receive a COVID-19 vaccine, such as healthcare personnel, may choose to be vaccinated.

To make sure that more information is gathered regarding the safety of these vaccines when administered during pregnancy, pregnant people are encouraged to enroll in [v-safe](#), CDC's new smartphone-based tool being used to check-in on people's health after they receive a COVID-19 vaccine.

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10. **Q:** Is it safe to receive the vaccine if I have an underlying health condition?

A: People with underlying medical conditions can receive the FDA-authorized COVID-19 vaccines provided they have not had [an immediate or severe allergic reaction](#) to a COVID-19 vaccine or to any of the ingredients in the vaccine. Learn more about vaccination [considerations for persons with underlying medical conditions](#). Vaccination is an important consideration for adults of any age with **certain underlying medical conditions** because they are at increased risk for severe illness from the virus that causes COVID-19.

11. **Q:** Do I need to wear a mask and avoid close contact with others after I receive two doses of the vaccine?

A: Yes. Not enough information is currently available to say if or when CDC will stop recommending that people [wear masks](#) and [avoid close contact with others](#) to help prevent the spread of the virus that causes COVID-19.

Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't yet know whether getting a COVID-19 vaccine will prevent you

from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself.

Continue using **all the tools** available to [protect yourself and others](#) and help stop this pandemic including:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

12. **Q:** Can I get the COVID-19 vaccine at the same time as other vaccines?

A: No. Wait at least 14 days before or after getting any other vaccine, including a flu or shingles vaccine.

If a COVID-19 vaccine is inadvertently given within 14 days of another vaccine, you do **not** need to restart the COVID-19 vaccine series; you should still complete the series on schedule. When more data are available on the safety and effectiveness of COVID-19 vaccines administered simultaneously with other vaccines, CDC may update this recommendation.

The intent of this information is to help you make an informed decision about vaccination. If you have questions and/or concerns, please contact Joel.Michels@portlandoregon.gov.