



HOUSING
FOR
HEALTH

YOUR COVID-19 WELLNESS & VACCINE GUIDE

Protect yourself.

Protect your
loved ones.

Protect your
community.

**END THE
PANDEMIC**



Fewer Vaccines = More Variants. More Variants = More Time in the Pandemic.



COVID-19 vaccines are effective in preventing hospitalization and death from COVID-19 disease (including the Delta variant).

All COVID-19 vaccines are safe and effective. To date, millions of people in the United States have received COVID-19 vaccines. The clinical trials for COVID-19 vaccines involved tens of thousands of volunteers of different ages, races, and ethnicities.

1. Will the COVID-19 vaccine alter my DNA?

No. None of the COVID-19 vaccines can alter your DNA.

2. Will the COVID-19 vaccines cause infertility?

Currently, there is NO evidence that COVID-19 vaccines cause infertility. In addition, current studies have not identified any birth defects associated with the COVID-19 vaccine. Both CDC and ACOG recommend COVID-19 vaccine for all stages of pregnancy.

3. What are the post-vaccine side effects of the COVID-19 vaccines?

Some people may feel arm soreness & cold/flu-like symptoms after getting the vaccine (Similar to other vaccines). Symptoms should not last more than 48 hours. They are a sign that your body is building a strong immune response against COVID! If you have any specific concerns, please call/text 833-900-2558 to speak to a nurse.

4. How long do I need to wait to get a mammogram and/or a TB test?

For a mammogram, it is best to obtain the mammogram before vaccination or 4-6 weeks after vaccination.

Testing for TB infection can be done before, after, or during the same encounter as COVID-19 vaccination. There is no evidence of interference between vaccination and TB testing.

PFIZER & MODERNA

What are the Pfizer and Moderna vaccines?

These vaccines have been proven to increase a person's protection against COVID-19 hospitalization and death. They require two doses. Studies indicate increased protection against COVID-19 after receiving only one dose.

When do I get my 2nd dose?

People should receive their 2nd dose of Moderna 28-42 days after receiving their first dose. People should receive their 2nd dose of Pfizer 21-42 days after receiving their first dose.

JOHNSON & JOHNSON

What is the Johnson & Johnson vaccine?

The Johnson & Johnson vaccine is considered a "one and done" vaccine that has been proven to protect a person against COVID-19 hospitalization and death after just a single dose.

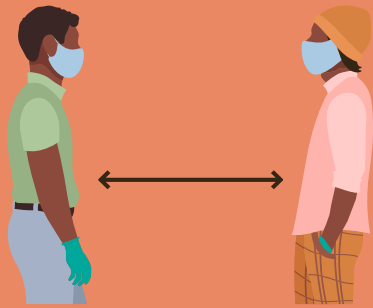
What is the Johnson & Johnson vaccine risk of blood clotting?

In very rare circumstances, the Johnson & Johnson vaccine may be linked to a blood clotting disorder, however, the risk of that is about the same as getting struck by lightning. In addition, in the rare cases that this occurs, it has been determined that the blood clotting disorder can be appropriately treated.



Remember the 3 W's

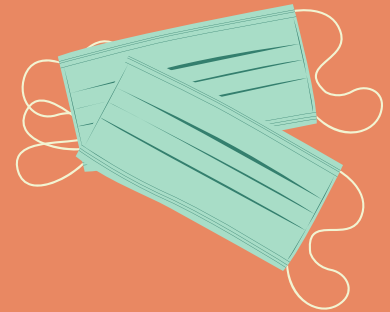
Because it will take 2 weeks post vaccination (2nd dose for Moderna and Pfizer, and only dose for Johnson & Johnson) for the vaccination to fully work, it is recommended that you continue to follow the 3 W's described below:



WATCH YOUR DISTANCE.



WASH YOUR HANDS.



WEAR YOUR MASK.

If you have any questions regarding the COVID-19 vaccines, you may call or text a vaccine support hotline at:

(833) 900 - 2558

For additional information or resources, visit



tinyurl.com/LAHSACOVIDDashboard

ABOUT HOUSING FOR HEALTH

A division of the Department of Health Services of Los Angeles County, Housing for Health is the central coordinating agency for Los Angeles County's COVID vaccination campaign for persons experiencing homelessness.