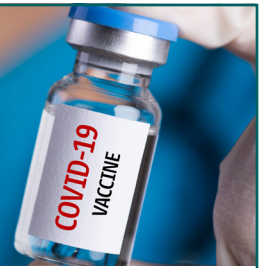


# COVID-19 NEWS & UPDATES



## ADOLESCENTS APPROVED TO RECEIVE THE COVID-19 VACCINE

The FDA expanded the emergency use authorization for the Pfizer COVID-19 Vaccine to include children 5 to 11 years of age.

### Benefits:

- May prevent serious illness even if you do get COVID-19
- Vaccinating children can help protect family members, including siblings who are not eligible for vaccination and family members who may be at increased risk of getting very sick if they are infected.
- Vaccination can also keep children from getting seriously sick even if they do get COVID-19.
- Vaccinating children ages 5 years and older can help keep them in school and help them safely participate in sports, playdates, and other group activities.

## DOMESTIC & INTERNATIONAL TRAVEL UPDATES

<b>DOMESTIC TRAVEL</b> Recommendations and Requirements	<b>Not Vaccinated</b>	<b>Fully Vaccinated</b>
<b>Get tested 1-3 days before travel</b>	X	
<b>Get tested 3-5 days after travel and Self-quarantine 7 days. Self-quarantine for 10 days if you don't get tested</b>	X	
<b>Self-monitor for symptoms</b>	X	X
<b>Wear a mask and take other precautions during travel</b>	X	X

<b>INTERNATIONAL TRAVEL</b> Recommendations and Requirements CDC recommends delaying international travel until you are fully vaccinated.	<b>Fully Vaccinated</b>
<b>Get tested 1-3 days before travel</b>	<b>If required by destination</b>
<b>Get tested 3-5 days after travel</b>	X
<b>Self-monitor for symptoms</b>	X
<b>Wear a mask and take other precautions during travel</b>	X



## SAFETY GUIDELINES FOR FULLY-VACCINATED INDIVIDUALS

New safety guidelines have been introduced by the CDC for those who are fully-vaccinated. You are considered fully vaccinated for COVID-19 two weeks after receiving the second dose in a 2-dose Vaccine from Pfizer or Moderna or two weeks after receiving a single-dose vaccine from Johnson & Johnson.

### Fully vaccinated people can:

- You can resume activities that you did prior to the pandemic.
  - To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
  - You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- You can travel.
  - If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
  - You need to pay close attention to the situation at your international destination before traveling outside the United States.
    - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
    - You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
    - You should still get tested 3-5 days **after** international travel.
    - You do NOT need to self-quarantine **after** arriving in the United States.
  - Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus).



### For now, fully vaccinated people should continue to:

- Wear masks in indoor public settings or with unvaccinated people at risk for severe COVID-19
- Wear masks indoors with unvaccinated people from multiple households
- Avoid indoor large in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers

# McLeod Health

For the most up-to-date information on COVID-19, visit [McLeodCOVID.org](https://www.mcleodhealth.com/covid-19).

# COVID-19 VACCINE FREQUENTLY ASKED QUESTIONS?

## **Should I get the COVID-19 vaccine?**

The vaccine will help protect you from getting COVID-19. If you still get infected after you get vaccinated, the vaccine may prevent serious illness. By getting vaccinated, you can also help protect people around you.

## **Can the vaccine give me COVID-19?**

No. None of the COVID-19 vaccines currently authorized for use or in development in the United States use the live virus that causes COVID-19. However, it typically takes a few weeks for the body to build immunity after vaccination. That means it is possible to be infected with the virus that causes COVID-19 just before or just after vaccination.

## **If I already had COVID-19 do I still need to get vaccinated?**

Yes. The CDC recommends that you get vaccinated even if you have already had COVID-19, because you can catch it more than once. While you may have some short-term antibody protection after recovering from COVID-19, it is not known how long this protection lasts.

## **Is the COVID-19 vaccine safe?**

All COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards.

## **Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?**

Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19.

## **Why do I need two COVID-19 shots?**

Currently authorized vaccines, and most vaccines under development, require two doses of vaccine. The first shot helps the immune system recognize the virus, and the second shot strengthens the immune response. You need both to get the best protection.

## **What may I experience after receiving the vaccine?**

As with any vaccine there may be side effects, but they should go away within a few days. Possible side effects include a sore arm, headache, fever, or body aches. This does not mean you have COVID-19. Side effects are signs that the vaccine is working to build immunity. If they do not go away within a week, or you have more serious symptoms, call your doctor.

## **When will the COVID-19 vaccine be available?**

The vaccine is currently being distributed to healthcare professionals and those individuals who are the most vulnerable. As additional vaccines are approved, vaccinations will be made available to the general public. The CDC anticipates there to be enough vaccine in 2021 to vaccinate those interested in receiving it.

## **If I am pregnant or planning to become pregnant, can I get a COVID-19 vaccine?**

Yes, COVID-19 vaccination is recommended for people who are pregnant, breastfeeding, trying to get pregnant now or who might become pregnant in the future. Patients are encouraged to talk with their healthcare provider for more information.

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