Oak Street Health is delighted to begin delivering COVID-19 vaccinations by appointment only, to seniors 65+

Getting the COVID-19 vaccine.

- For vaccine scheduling updates, fill out the interest form by visiting <u>oakstreethealth.com/covid-19-</u> <u>vaccine</u>
- Do not call us. We will call you when a vaccine appointment is available for you
- Overall vaccine supply is limited, and we are currently focusing on patients and community members who are 65+ and live near our centers

What can I expect from the COVID-19 vaccine?

- You will need 2 doses, approximately 3 weeks apart, to get the full protection from the vaccine.
- You may experience some side effects, like tiredness, headache, and muscle pain--but this is a sign that the vaccine is doing its job. Your immune system has kicked in. These side effects do not last long.

Wearing a mask and social distancing is still very important, and they are required at our centers.

Questions? Do not call.

See backside for FAQ information, or visit <u>oakstreethealth.com/covid-19-vaccine</u> to sign up for scheduling updates through our interest form.

*some compliance statement about qualifications, while supplies last, and always consulting with your primary card provider first.

COVID-19 Vaccine FAQ

At Oak Street Health, keeping our patients healthy is our top priority, that's why we recommend that our patients get the COVID-19 vaccine, and continue social distancing, as well as wearing a mask whenever possible.

Can you mix vaccines between shots?

It is strongly recommended to avoid mixing vaccines (Pfizer/BioNtech and Moderna) between your first and second dose. If you receive your vaccine at Oak Street Health, we will ensure that you receive the same vaccine for both dose 1 and dose 2.

Are COVID-19 vaccines actually "new"?

While the COVID-19 vaccine itself is new, scientists had already begun research for coronavirus vaccines, which allowed for rapid development. Previous outbreaks caused by coronaviruses, like SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome) increased scientific investments in coronavirus vaccine research more than 15 years ago.

Do I have to receive two doses?

Yes, nearly all COVID-19 vaccines require 2 doses. The first dose starts building protection, but you need to come back a few weeks later for the second one. If you only get one dose, immunity is not guaranteed.

If I already had COVID-19, do I still need the vaccine?

The CDC is recommending that people previously infected with COVID-19 get the vaccine as it appears that people may become susceptible to reinfection more than 90 days after initial infection (this is very rare).

How likely is it that I would have adverse side effects from the vaccine?

Most people do not have serious problems after being vaccinated. The side effects that have been reported from the Moderna and Pfizer vaccines appear to be short-lived (1-2 days). Older adults are less likely to have serious side effects versus younger people. Side effects are more common after the second dose than the first dose. Visit <u>oakstreethealth.com/covid-19-vaccine</u> for more information.

If I get vaccinated, can I stop wearing a mask?

No. while the Moderna and Pfizer vaccines have proven to be effective in preventing COVID-19, there is a possibility that when you get vaccinated, you can be an asymptomatic spreader, meaning you can have the disease without knowing it. Early evidence from the Moderna vaccine shows promise that it can prevent the spread of the disease (more data is needed for the Pfizer vaccine). At this time, both the CDC and public health experts advise that even if you are vaccinated, masks should continue to be worn, practice social distancing, and wash your hands frequently.

