COVID-19 VACCINATION FAQ FOR FRONTLINE WORKERS

1 Is the vaccine safe?
What side effects can I expect?

The vaccine is safe.

All COVID-19 vaccines have gone through the same safety tests and meet the same standards as all other vaccines approved by the FDA. Short-term side effects are common for any vaccine and may include soreness in the arm, fatigue, headache, and muscle aches within 2-3 days of getting the vaccine. These are more common after the second dose.

2 Is the vaccine effective?

The Pfizer/BioNTech vaccine trial had 43,000 participants and 95% efficacy, and the Moderna vaccine trial had 30,000 participants and 94.1% efficacy.

Effectiveness in the 95% range for a vaccine is exceptional. These studies were done to make sure the vaccines meet safety standards and protect people of different ages, races and ethnicities.

3 Are there any long-term effects from the vaccine?

Typically, vaccines only have short-term side effects.

What we know for sure is that COVID-19 can have long-term effects — fatigue, shortness of breath, prolonged cough, lung damage, joint pain, difficulty with concentration, depression, and more.

4 What about the new variants I have heard about?

Viruses typically have mutations over time, and this virus is not an exception.

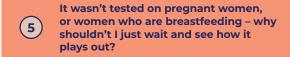Studies are being done to specifically evaluate the efficacy of the vaccines against these variants.

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5 It wasn't tested on pregnant women, or women who are breastfeeding – why shouldn't I just wait and see how it plays out?

mRNA vaccines such as the COVID-19 vaccine are not considered a risk to breastfeeding infants or people who are pregnant and do not have certain underlying medical conditions. However, if you have questions about getting vaccinated, talking with your healthcare provider can help you make an informed decision.

6 Is it safe for me to get a vaccine if I have an underlying medical condition?

People with underlying medical conditions can receive the COVID-19 vaccines provided they have not had a prior allergic reaction to any of the ingredients in the vaccine.

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.

7 If I have already had COVID-19 and recovered, do I still need to get vaccinated?

If you were treated for COVID-19 symptoms you may want to wait 90 days before getting a COVID-19 vaccine, but talk to your doctor to be sure. Experts do not yet know how long someone is protected from getting sick again after recovering from COVID-19.

8 Do I need to wear a mask and avoid close contact with others after I have received both doses of the vaccine?

Yes.

Not enough information is currently available to say when the 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. Several factors, including how many people get vaccinated and how the virus is spreading in communities, will 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. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to help stop this pandemic.

For full-time, non-temporary, non-union Sodexo employees:
If you have additional questions you would like to have addressed by a medical professional, you can call LifeWorks 24/7, free of charge, at (866) 675-6566 and ask to speak to a registered nurse regarding the COVID-19 vaccine. Calls to LifeWorks are 100% confidential.
If you have questions/concerns about your personal health situation, you should speak with your health care provider. If you do not have a health care provider, the registered nurse can help you find one.

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