



My Emergency Preparedness Guide

COVID-19 Vaccines and Vaccination



Three approved vaccines are considered safe. Talk with your healthcare provider for more information.

Key Things To Know About Vaccines

All current COVID-19 vaccines are approved under Emergency Authorization Use (EAU) from the U.S. Food and Drug Administration (FDA). These vaccines are considered safe and effective at preventing people from getting COVID-19. Currently, there are three authorized and recommended vaccines, with more being studied and expected to obtain approval.

Approved COVID-19 Vaccines

- Pfizer, Inc. and BioNTech.** This is a mRNA vaccine. It consists of two separate doses that are 21 days apart. The vaccine is given in the deltoid muscle of the upper arm. This vaccine does not contain eggs, latex, or preservatives. It is recommended for people aged 16 years or older. Common side effects at the injection site are redness, pain, and swelling. Other potential side effects are tiredness, headache, chills, fever, muscle pain, and nausea.

The mRNA vaccines give instructions to cells in the body to make a piece of protein called a “spike protein”. A spike protein is found on the surface of the COVID-19 virus. The virus then gives instruction to the immune system to identify the spike and build up immunity.

- Moderna.** This is a mRNA vaccine. It consists of two separate doses that are 28 days apart. The vaccine is given in the deltoid muscle in the upper arm. It does not contain eggs, preservatives, or latex. This vaccine is recommended for people aged 18 years and older. Side effects are the same as the Pfizer vaccine. However, with Moderna, there is a small percentage of people that have a delayed response about 7-10 days after receiving the vaccine. This may include, headache, chills, redness at injection site, a rash and fever. Most side effects were mild to moderate.

- Johnson & Johnson’s Janssen.** This is a viral vector vaccine. This type of vaccine delivers a different virus to the cells in the body to deliver instructions to enhance our immune system. This is a one dose vaccine. It is given in the deltoid muscle of the upper arm. It does not contain eggs, latex, or preservatives. Common side effects at the injection site are redness, pain, and swelling. Overall body side effects are headache, tiredness, chills, fever, nausea, and muscle pain.

Treating Possible Side Effects After Getting A COVID-19 Vaccine

- Talk to your doctor about taking over the counter medications such as Tylenol, Motrin, Advil and/or antihistamines and other allergy medications.
- If the injection site is sore/hot/red, a clean, cool, wet washcloth or a cold pack may be applied to the arm.
- Call your doctor if side effects do not go away after a few days.

<https://www.cdc.gov/vaccines/covid-19/index.html>

Your Emergency Supply Kit

In addition to your emergency kit, be sure to keep these items on hand for emergencies:



Water – one gallon of water per person, per day for at least three days



Soap – for frequent hand washing



Battery Powered Radio – and extra batteries



Flashlight – and extra batteries



First Aid Kit – one gallon of water per person, per day for at least three days



Whistle – to signal for help



Dust Mask – or cotton T-shirt, to help filter contaminated air



Plastic Sheeting and Duct Tape – to shelter-in-place



Wrench or Pliers – to turn off utilities when necessary



Can Opener – to open canned food



Infant Formula and Diapers – if you have an infant



Local Maps – including a map of your area and a map for where you plan to go if you are evacuated



Food – at least a three-day supply of nonperishable food

Other Considerations Following an Emergency or During a Pandemic

- Inspect your medication to see if the look or smell has changed; excessive moisture or heat can damage medications or make them less effective. If you are unsure about the safety of your medication, contact a local pharmacist or your healthcare provider.
- If you have not been able to take your medication, contact a doctor or pharmacist as soon as possible — even if you are not experiencing any negative health effects. Never take additional doses to make up for those you have missed before talking to a healthcare practitioner. Do not take medications that were not prescribed to you or share your medications with others.

More Information and Online Resources

- www.MDEmergencyPrepNetwork.org
- preparedness.health.maryland.gov
- mema.maryland.gov
- mncha.org
- <https://coronavirus.maryland.gov/>
- BeforeItsTooLateMD.org
Maryland's statewide effort to bring awareness to the heroin, opioid, and fentanyl crisis

Provided in partnership by the Maryland Department of Health
Office of Preparedness and Response and the Maryland-National Capital Homecare Association



WRITE THE NAME AND PHONE
NUMBER OF YOUR HOME CARE/
HOSPICE COMPANY IN THIS BOX.