

COVID-19 Vaccination Resource Guide

January 22, 2021

The COVID-19 vaccine has arrived in the United States. The Centers for Disease Control and Prevention (CDC) is making recommendations for who should be offered COVID-19 vaccine first when supplies are limited. To help guide decisions about how to distribute limited initial supplies of COVID-19 vaccine, CDC and the Advisory Committee on Immunization Practices have [published recommendations](#) for which groups should be vaccinated first.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people **at no cost**.

Educational Materials

- Read the [White Paper: Understanding and Addressing Vaccine Hesitancy](#)
- View the [Pfizer-BioNTech COVID-19 Vaccine EUA Fact Sheet for Recipients](#)
- Read the [Department of Health & Human Services' guide for COVID-19 vaccinations](#)
- Learn about [how COVID-19 mRNA vaccines work](#)

World Health Organization (WHO)

WHO works worldwide to promote health and helps prevent emergencies by identifying risks and developing tools needed during outbreaks.

- To view commonly asked questions and answers about the coronavirus, please visit the [Q&A Page](#) for more information.

- For the most recent updates on Coronavirus, please visit the [Disease Outbreak News](#) page.

The Center for Health and Health Care in Schools

The Center for Health and Health Care in Schools has compiled an extensive list of resources and guidelines from various government and nongovernmental organizations with information for parents, caregivers, educators, and school leaders on supporting students' needs during COVID-19. For more information, please visit their website [here](#).

Authorized and Recommended Vaccines

As COVID-19 vaccines are authorized and then recommended for use in the United States, it will be important to understand what is known about each vaccine. CDC will provide information on who is and is not recommended to receive each vaccine and what to expect after vaccination, as well as ingredients, safety, and effectiveness.

Currently, two vaccines are authorized and recommended to prevent COVID-19:

- [Pfizer-BioNTech COVID-19 vaccine](#)
- [Moderna's COVID-19 vaccine](#)

CDC Vaccination Schedule

CDC recommends giving COVID-19 vaccine in phases, which may overlap. For a full explanation of how the vaccines will roll out to the general public, please visit their schedule guidelines [here](#).

-Healthcare personnel and long-term care facility residents

-Frontline essential workers and people age 75 years and older

-People aged 65 through 74 years, people aged 16 through 64 years with underlying medical conditions, other essential workers

Vaccination Sites

Your local health department determines how vaccines are distributed. Choose your state or territory [here](#) to find your state's health department.

Transportation to Vaccination Sites

Lyft has partnered with United Way to provide free and/or low-cost rides to COVID-19 vaccination sites. To learn more, please click [here](#).

For seniors, your local Area Agency on Aging may also provide linkages to free and/or low-cost transportation options. Please visit this [link](#) for information on your local aging office.

After Vaccination

After receiving your vaccine, you can download the [v-safe](#) app. V-safe is a smartphone-based tool that gives you personalized health check-ins after you receive a COVID-19 vaccine.

- Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine.
- v-safe will also remind you to get your second COVID-19 vaccine dose if you need one.

According to the CDC, COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Below are the side effects CDC lists [here](#):

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

Travel Guidelines

The CDC has guidelines and information regarding travel, both domestically & internationally. To view their guidelines for all forms of travel, please visit this [link](#).

Additional information on travel advisory levels and assistance for U.S. citizens can be found on the Department of State website [here](#).

Frequently Asked Questions

To view the full FAQ section on COVID-19, its spread, vaccinations, and other important details, please visit this [link](#).

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

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