



Lo que necesitas saber:

Recibir la vacuna COVID-19.



Hi, I'm Dr. Michael Wohlfeiler, Chief Medical Officer at AHF.

Science has done something truly amazing in producing two effective vaccines – one made by Pfizer, another by Moderna - to stop people from getting sick with COVID-19.

Both vaccines have undergone rigorous clinical trials and have been approved by the FDA as safe and effective. There were no shortcuts taken in developing these vaccines. Both of these vaccines require 2 shots to get maximum protection. With the Pfizer vaccine, the shots are given 3 weeks apart, while Moderna's are 1 month apart.

I am very confident in the safety of the vaccines, and I had my first shot on December 23. I'm getting my second dose next week.

I strongly urge you to get the vaccine, as well. It's important for your health and the health of your loved ones.

I know that some states and counties are already making the vaccine available to healthcare workers and residents of long-term care facilities, but not yet to other groups.

At AHF, we're registering our pharmacies and healthcare centers to be vaccine administration sites and we are waiting – along with other providers - for state and local agencies to send us the vaccine.

Once we have the vaccine, we'll make it available to our patients and clients. If you have the opportunity to get the vaccine at another facility, please feel free to do so. AHF will be following state local guidance that will initially prioritize the elderly and people with certain comorbidities. The vaccine is safe for people with HIV and we strongly recommend that people who are HIV-positive get vaccinated.

At this point, we don't have a projected date to receive the vaccine and start administering it – As you know from the news, the rollout has been frustratingly slow across the country. We're hoping that our sites will start receiving the vaccine this month so we can start giving shots by the end of the month, but we're not sure. We'll be calling you to make an appointment to receive the vaccine once we have it and we'll be calling you in the order of the priorities set by the government. It is very important that you keep your appointments for both shots, because we don't want to waste this precious vaccine.

Some people have questions about the side effects of the vaccines. And here's what we know:

- It's likely that the majority of AHF patients will receive the Moderna vaccine because it can be stored in regular freezers. The Pfizer vaccine has to be kept in a super-cold freezer. AHF has that kind of special freezer only in LA.
- Side effects have been seen with both vaccines, but the vast majority of side effects are neither serious nor severe. The most common side effects include pain at the injection site, some fatigue,

headache, muscle aches, chills, joint pain, and mild fever. Most of these resolve within 24 to 72 hours and do not require any treatment, though some patients find it helpful to take Advil or Tylenol. With the Pfizer vaccine, it was reported that side effects seemed to be a bit more common after the second dose. I received the Pfizer vaccine and the only side effect I had was soreness at the injection site the next day that lasted for about 24 hours. So far, no long-term serious side effects from the vaccines have been identified. Also, remember you cannot get COVID-19 from receiving the vaccine.

- A very small percent of people have had a more serious type of side effect which is an allergic reaction called anaphylaxis. If you have ever had anaphylaxis or another type of allergic reaction in the past, be sure to inform the person administering the shot before you receive it. AHF has EpiPens and other equipment on-site to rapidly treat any serious allergic reactions.
- The CDC has created a smartphone app called V-Safe to report side effects. I encourage you to use it. You should receive information about the app when you receive the vaccine. And we will also post that information on our website.

Together, we can end this pandemic. Please get vaccinated. Thank you.