



# Lo que necesitas saber:

## Recibir la vacuna COVID-19.



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

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

Both vaccines have undergone rigorous clinical trials and been approved by the FDA as safe and effective. Though vaccine development was fast-tracked, there were no scientific shortcuts taken. Both vaccines require 2 shots to get the maximum protection. With the Pfizer vaccine, the shots are given 3 weeks apart, while Moderna's are 1 month apart.

I am 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 everyone at AHF to get the vaccine, as well. It is important for your health, the health of our patients and clients, and the health of your coworkers.

I know that some states and counties are already making the vaccine available to healthcare workers, primarily through hospitals or departments of health. Please check with your local health department or your AHF regional leadership to determine if you are eligible to receive the vaccine. If you are, schedule yourself to be vaccinated. But work with your site leader so that our healthcare operations and patient care aren't interrupted.

At AHF, we're registering our pharmacies and healthcare centers to be vaccine administration sites. Along with other providers, we are waiting for state and local agencies to send us the vaccine. We have one healthcare center in Dallas that just received the vaccine for administration to staff under Texas state protocols. We will expand the rollout as we get vaccine at more sites. However, it is possible that not all staff may be able to get the vaccine at the same time – depending on their priority group and the individual state's protocols. So please bear with us. I promise that once we receive the vaccine, we'll make it available to all AHF staff – including administrative and OTC staff -- in accordance with state and local protocols.

At this point, we have not been given a projected date that we will receive the vaccine. As you know from the news, the rollout has been frustratingly slow across the country. We are hoping that our sites will start receiving vaccine this month.

We'll also make the vaccine available to our patients and clients as soon as possible – again, following state and local guidance that will prioritize the elderly and people with comorbidities.

We'll need your help and support in managing the vaccine administration – we'll be setting up appointments for staff and patients. It's very important that people keep their appointments, because we don't want to waste the precious doses of vaccine.

Some people have questions about the side effects. So here's what we know so far:

- First of all, It is likely that the majority of AHF employees and 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. And AHF has that kind of special freezer only in Los Angeles.
- 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 side effects resolve within 24 to 72 hours and do not require any treatment, though some patients might 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 myself and the only side effect I had was soreness at the injection site that occurred the next day that lasted for about 24 hours. So far, no long-term serious side effects from either vaccine have been identified. It's also important to remember, you cannot get COVID-19 from the vaccine.
- There is a very small percent of people have had a type of severe allergic reaction called anaphylaxis after receiving the vaccine. If you have ever had anaphylaxis or another type of serious 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. We will also post that information on our website.

Together, we can end this pandemic. Please get vaccinated if you don't have a condition that prevents you from receiving the vaccine. Do it for your own safety, for the safety of our patients, and the safety of your loved ones. Thank you.