

COVID-19 VACCINE NEWS YOU CAN USE

December 21, 2020
Issue 6

New Perspective

The recent news about the COVID-19 vaccines has us excited about the future. We're looking forward to providing as much information about how this will impact our residents and team members. To keep you well informed, every couple days over the coming weeks, you can expect to receive an issue of Vaccine News You Can Use from us. We'll be sharing the latest vaccine news and updates, answering your questions, and dispelling myths and rumors about the vaccines. We'll also be sending around letters, videos, tips, and answers to frequently asked questions as we orchestrate vaccination for our residents and team members.

Get the vaccine—our best shot at getting back to normal.

THE HEADLINE

You should get whichever approved vaccine is available to you.

ANSWERING YOUR QUESTIONS

What are the differences between the Pfizer/BioNTech and Moderna vaccines?

- Both vaccines rely on mRNA, or messenger RNA, to work, but have small differences that do not impact vaccine effectiveness.
- **Cold Storage:** Pfizer's vaccine needs to be stored at about minus-75 degrees Celsius (-103°F), and Moderna's vaccine can be kept at about minus-20 degrees Celsius (-4°F).
- **Dosage and Timing:** Pfizer's vaccine is administered as two doses given 21 days apart. Moderna's vaccine is administered as two doses given 28 days apart.
- **Age:** Pfizer's vaccine was authorized for people 16 and older, and Moderna's vaccine can be used in people 18 and older.
- **Side Effects:** The two vaccines have roughly the same side effects, although "Fever" was found as a side effect in a small percentage of Pfizer's clinical trials.

Name	Pfizer & BioNTech Covid-19 vaccine	Moderna
Type	RNA – virus genetic code	RNA – virus genetic code
Doses	Two injections 21 days apart	Two injections 4 weeks apart
How Effective	95%	94.5%
Storage	-75C	-20C up to 6 months

Name	Flu vaccine	MMR vaccine
Type	Inactivated virus	Live attenuated vaccine
Doses	Annual injection	Two injections at least 28 days apart
How Effective	40%-60%	97% against measles and rubella, 88% against mumps
Storage	2C to 8C	2C to 8C

Source: CDC, Pfizer, BioNTech, Moderna

Which vaccine is better?

- The CDC and most healthcare providers are recommending that you receive whichever vaccine is available to you.
- Both Moderna's and the Pfizer/BioNTech vaccine have shown similar efficacy levels of near 95%. The FDA has said that the two vaccines are "roughly equivalent."

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How much will the vaccine cost me?

- Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost.
- Although the vaccine will be provided at no cost, if you have health insurance, you will need to provide your health insurance information to receive the vaccine. Health insurance is not a requirement to get a COVID-19 vaccine.

WHAT'S IN THE NEXT ISSUE

The next issue we send of Vaccine News You Can Use will strive to dispel myths and rumors by addressing:

- Does the vaccine contain live COVID-19 virus?
- Does the vaccine contain aborted fetal tissue?
- Does the vaccine contain a tracking device?
- Will the vaccine change my DNA?

If you have questions about Vaccine News You Can Use, please reach out to your executive director.