NYIC

COVID-19 Vaccine Guide

It has never been easier to get vaccinated against COVID-19 in New York State! Anyone age 5 and older is eligible.

Why get vaccinated?

COVID-19 vaccines are effective and can:

- ☑ Reduce the risk of getting and spreading the virus that causes COVID-19

- ☑ Prevent children and adults from getting seriously ill even if they do get COVID-19

- ☑ Help protect from serious short- and long-term complications from COVID-19

- ☑ Getting everyone vaccinated can protect families and communities, including friends and family who are not eligible for vaccination and people at increased risk for severe illness.

- ☑ After people are fully vaccinated, they can resume many activities that they did before the pandemic.

- ☑ Proof of vaccination is increasingly required by municipalities and businesses to enter certain spaces or participate in certain types of activities.

COVID-19 vaccines are FREE regardless of immigration status or insurance coverage.

Where can I get the vaccine?

Vaccines are widely available at pharmacies, local health departments, clinics, Federally Qualified Health Centers, and other locations across New York State.

To find an provider near you:

- 🖱 Visit Vaccines.gov

- 💬 Text your ZIP code to 438829

- 📞 Call 1-800-232-0233 (TTY 888-720-7489)

Frequently Asked Questions

How were COVID-19 vaccines developed?

- Scientists have been working for many years to develop vaccines against coronaviruses. The knowledge that was gained through past research on coronavirus vaccines helped speed up the initial development of the current COVID-19 vaccines.
- After initial development, vaccines go through three phases of clinical trials to make sure they are safe and effective. For other vaccines routinely used in the United States, the three phases of clinical trials are performed one at a time. During the development of COVID-19 vaccines, these phases overlapped to speed up the process so they could be used as quickly as possible to control the pandemic. No trial phases have been skipped. The clinical trials have involved tens of thousands of volunteers of different ages, races, and ethnicities.
- Before vaccines are made available to people, the FDA assesses the findings from clinical trials. Initially, they determined that three COVID-19 vaccines met safety and effectiveness standards and granted those vaccines Emergency Use Authorizations. FDA has now granted full approval for the Pfizer-BioNTech vaccine for people aged 16+. FDA has also authorized the Pfizer-BioNTech vaccine for children aged 5-11. The safety of COVID-19 vaccines continues to be monitored.

How do the vaccines work?

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness.

There are currently three approved COVID-19 vaccines: Pfizer-BioNTech, Moderna, and Johnson & Johnson/Janssen.

The Pfizer-BioNTech and Moderna COVID-19 vaccines are messenger RNA (mRNA) vaccines.
- mRNA vaccines contain material from the virus that causes COVID-19 that gives our cells instructions for how to make a harmless protein that is unique to the virus. After our cells make copies of the protein, they destroy the genetic material from the vaccine. Our bodies recognize that the protein should not be there and build T-lymphocytes and B-lymphocytes (types of white blood cells) that will remember how to fight the virus that causes COVID-19 if we are infected in the future.

The Johnson & Johnson/Janssen COVID-19 vaccine is a vector vaccine.
- Vector vaccines contain a modified version of a different virus than the one that causes COVID-19. Inside the shell of the modified virus, there is material from the virus that causes COVID-19. This is called a "viral vector." Once the viral vector is inside our cells, the genetic material gives cells instructions to make a protein that is unique to the virus that causes COVID-19. Using these instructions, our cells make copies of the protein. This prompts our bodies to build T-lymphocytes and B-lymphocytes that will remember how to fight that virus if we are infected in the future.

Frequently Asked Questions

What are the ingredients in the vaccines?

All COVID-19 vaccine ingredients are safe. Nearly all of the ingredients in vaccines are also the ingredients in foods – fats, sugars, and salts.

- The Pfizer and Moderna vaccines also contain a harmless piece of messenger RNA (mRNA).
- The Johnson & Johnson vaccine also contains a harmless piece of modified virus that is not the virus that causes COVID-19.
- After the body produces an immune response, it discards all of the vaccine ingredients, just as it would discard any substance that cells no longer need. This process is a part of normal body functioning.
- A detailed list of ingredients for each vaccine is available at: cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html

All COVID-19 vaccines have:

- NO preservatives like thimerosal or mercury or any other preservatives.
- NO antibiotics like sulfonamide or any other antibiotics.
- NO medicines or therapeutics like ivermectin or any other medications.
- NO tissues like aborted fetal cells, gelatin, or any materials from any animal.
- NO food proteins like eggs or egg products, gluten, peanuts, tree nuts, nut products, or any nut byproducts (COVID-19 vaccines are not manufactured in facilities that produce food products).
- NO metals like iron, nickel, cobalt, titanium, rare earth alloys, or any manufactured products like microelectronics, electrodes, carbon nanotubes or other nanostructures, or nanowire semiconductors.
- NO latex. The vial stoppers used to hold the vaccine also do not contain latex.

What are possible side effects?

Adults and children may have some side effects from the vaccine, which are normal signs that their body is building protection. Common side effects include:

- On the arm where you got the shot:
  - Pain, redness, swelling
- Throughout the rest of your body:
  - Tiredness, headache, muscle pain, chills, fever, nausea

Side effects can affect you or your child's ability to do daily activities, but they should go away in a few days. Contact a doctor or healthcare provider:

- If the redness or tenderness where the shot was given gets worse after 24 hours
- If the side effects are worrying or do not seem to be going away after a few days

Some people have no side effects, and allergic reactions are rare. If you had a severe allergic reaction after a previous dose or if you have a known (diagnosed) allergy to a COVID-19 vaccine ingredient, you should not get that vaccine. If you have been instructed not to get one type of COVID-19 vaccine, you may still be able to get another type.

What should I expect at my vaccine appointment?

- Bring proof of age to your vaccine appointments.
- You do NOT need to provide proof of immigration status, insurance, or a social security number to get vaccinated.
- Getting a free COVID-19 vaccine will NOT affect your Public Charge status.
- You will receive a CDC vaccination card upon initial vaccination. Bring the card when you get additional doses. You should take a photo of the card and keep it in a safe place.

Different COVID-19 Vaccines

	Pfizer-BioNTech	Moderna	Johnson & Johnson/ Janssen
Who is eligible	5+ years old	18+ years old	18+ years old
Primary series	2 doses; given 3 weeks (21 days) apart	2 doses; given 4 weeks (28 days) apart	1 dose
Fully vaccinated	2 weeks after 2nd dose	2 weeks after 2nd dose	2 weeks after 1st dose
Booster dose • Everyone aged 12+ is eligible • Pfizer or Moderna (mRNA vaccines) are preferred. • The second booster must be an mRNA vaccine. • Teens aged 12–17 can only get a Pfizer booster	Everyone aged 12+ should get a booster, at least 5 months after completed primary series. Adults aged 50+ can get a second booster, at least 4 months after the first booster.	Adults aged 18+ should get a booster, at least 5 months after completed primary series.	Adults aged 18+ should get a booster, at least 2 months after primary dose. Anyone who received a J&J primary dose and J&J booster can get a second booster, at least 4 months after the first.
Third dose For people who are immunocompromised (have a weakened immune system)	Moderately or severely immunocompromised people who are age 5+ and received a Pfizer primary series should receive an additional dose of the same vaccine at least 28 days after their second dose.	Moderately or severely immunocompromised people who are age 18+ and received a Moderna primary series should receive an additional dose of the same vaccine at least 28 days after their second dose.	Immunocompromised people who received a J&J vaccine are not recommended to receive an additional primary dose but should receive a booster dose at least 2 months after their primary dose.
Vaccines for children Children aged 5-11 are only eligible for the Pfizer-BioNTech vaccine	• Children who get COVID-19 can get very sick, be hospitalized, and even die. Younger school-aged children who get infected can spread COVID-19 to people in their households and schools. • Children aged 5-11 will receive an age-appropriate, lower dose (10 micrograms) than people aged 12+ (30 micrograms), and smaller needles are used. It has the same active ingredients as the vaccine given to adults and adolescents. • Children can get other vaccines, including a flu vaccine, at the same visit. Studies have shown that side effects after getting vaccinated are generally the same when COVID-19 vaccines are given alone or with the flu vaccine.		

Resources

If you need more information on COVID-19, including testing and vaccines, you can contact your county health department for free assistance:

Buffalo/Western New York

Erie County Department of Health
716-858-7690
erie.gov/health

Niagara County Department of Health
716-439-7435
www.niagaracounty.com/Health

Chautauqua County Health Department
716-753-4590
chqgov.com/public-health/public-health

Cattaraugus County Health Department
716-373-8050
cattco.org/health

Allegany County Department of Health
585-268-9250
alleganyco.gov/health

Rochester/Finger Lakes

Monroe County Department of Public Health
585-753-2991
monroecounty.gov/health

Livingston County Department of Health
585-243-7270
livingstoncounty.us/172/Department-of-Health

Orleans County Health Department
585-589-3278
gohealthny.org

Genesee County Public Health Department
585-344-2580
gohealthny.org

Wyoming County Health Department
585-786-8890
wyomingco.net/203/Health-Department

Wayne County Public Health
315-946-5749
wcphny.com

Ontario County Public Health
585-396-4343
ontariocountyny.gov/101/Public-Health

Yates County Public Health
315-536-5160
yatescounty.org/211/Public-Health

Seneca County Health Department
315-539-1920
senecacountyhealthdepartment.com

Vaccine access

- All private and public sector workers in New York State, regardless of employer size and immigration status, are entitled to New York State Paid Leave for COVID-19 vaccinations. This is effective from 3/12/2021 to 12/31/2022. Workers get up to 4 hours per vaccine injection, including the initial dose/series and booster shots.
- If you are homebound and unable to access vaccines due to physical limitations, chronic conditions, or a lack of transportation, you can request free in-home vaccinations by contacting your county health department.