

---

## **When will patients get the vaccine?**

Now. NorthLakes will be vaccinating people using the instructions and vaccines given to us by the Centers for Disease Control and Prevention (CDC) and the State of Wisconsin. We are currently vaccinating approved medical patients weekly at our medical sites.

We hope you all will consider getting vaccinated. Again, it's the best way to protect ourselves and those we love. We encourage you to learn more about the vaccine and watch for vaccine updates on our website here: [NorthLakes Vaccine Page](#).

## **Do NorthLakes medical providers recommend we get the vaccine?**

Yes! NorthLakes medical providers are excited for the vaccine and recommend all patients who are eligible get vaccinated.

## **Is the vaccine safe?**

Yes, the vaccine is safe. The vaccine was tested in trials with thousands of Americans and no serious safety concerns were reported. The FDA takes these approvals very seriously. In addition, the science to develop this vaccine is NOT new. Scientists have been doing research on this type of vaccine for many years with previous outbreaks caused by related viruses. This research gave us a big head start. Safety is the top priority!

The CDC has set up a specific program (V-Safe) to monitor concerns that may come after receiving the vaccine. You can register online. Someone from the CDC will call to check on you at intervals after getting the vaccine. Your personal information will not be stored or shared.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>

## **Can I get COVID from the vaccine?**

No, you cannot. The vaccine gives our body practice recognizing the virus and safely developing an immune response against it. None of the vaccines are live virus vaccines.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html>

## **Are there side effects from the vaccine?**

About 20% of people do experience side effects, such as fever and nausea, for one to two days. This is completely normal and means that both your immune system and the vaccine are doing their job. All results from the trials show a quick recovery from symptoms and no serious side effects. If your symptoms worsen, contact your medical provider.

## **Is the vaccine effective?**

Very much so. All of the vaccines that are currently available in the United States are very effective against preventing severe cases of COVID-19 and will go a long way towards stopping the pandemic.

### **How many doses do I need?**

Right now, the vaccine requires two doses separated by three to four weeks. The first and second dose must be from the same brand. It will take your body up to one month to develop the protection it needs.

The Johnson and Johnson vaccine is a single dose.

### **Can I choose which kind of vaccine I get at NorthLakes?**

No. Right now, the government is supplying us with a weekly allotment of vaccines. The type is based on availability, not on patient preference.

### **How long does the immunity last?**

At this point, we do not yet know how long immunity will last. This is something important that experts are currently trying to learn more about. The CDC will keep the public informed as new evidence becomes available.

### **Do I still need to wear a mask and social distance?**

YES, we need to use all the tools in our toolbox to keep ourselves, our loved ones, and our communities safe. The vaccine is just one tool. CONTINUE wearing a mask, washing your hands, and staying at least 6 feet away from others. Just because you have received the vaccine does not mean that you cannot transmit it if you have been exposed to it.

### **Who should get vaccinated?**

The Pfizer vaccine is currently approved for people 16 years and older. The Moderna and the Johnson and Johnson vaccine is approved for those who are over 18. Everyone should talk to their doctor before getting vaccinated.

### **Who should not get vaccinated?**

Unfortunately, right now some people should NOT get the vaccine:

People with a severe allergy to a vaccine ingredient or to any vaccine.

People younger than 16 years old.

People who have COVID-19 symptoms or are isolated because of an exposure RIGHT NOW. You can get vaccinated after you have recovered or are out of isolation.

### **Can I get the vaccine if I'm pregnant?**

People who are pregnant should talk to their doctor or midwife about the vaccine.

### **Does the vaccine cause infertility?**

No. For a while, there was misinformation being spread that the vaccine causes the body to make antibodies against the protein syncytin-1. Syncytin-1 is an important component of placenta in mammals. However, there is no proof that the vaccine will cause the body to attack and reject the protein. If you are trying to get pregnant, please talk to your primary care doctor about any concerns you have. Here is some additional information as well regarding infertility and the vaccine:

<https://www.webmd.com/vaccines/covid-19-vaccine/news/20210112/why-covid-vaccines-are-falsely-linked-to-infertility>

**Can I get the vaccine if I have an immune issue or disease?**

People who have immune issues or diseases should talk to their doctors about getting the vaccine.

**I've already had COVID, do I need to get the vaccine?**

We recommend that all individuals who are able get the vaccine, even if you have already been diagnosed with COVID. There is no way to know whether or not you have enough immunity from your past exposure, and it is best to protect yourself with the vaccine.

**Will the COVID-19 vaccine be free for our patients?**

Yes. During the public health emergency, NLCC will be waiving any administration fees tied directly to administering the vaccine to our patients. The vaccine itself is provided to us for free as well during the public health emergency.

**Will the second dose of the COVID-19 vaccine make me feel worse than the first?**

The COVID-19 vaccine does not contain the virus itself, but you may experience some side effects that feel like COVID-19. This is a good sign. It means the vaccine is working and as a result, the second dose may create a stronger reaction as your body builds immunity to the virus.

Clinical trials found that side effects, such as a sore arm, were common but mostly mild to moderate. However, other side effects such as fever, chills, tiredness, and headaches are more common after the second dose of the vaccine. These reactions aren't unexpected but that doesn't make them less scary or frustrating. If you have questions, please be sure to consult with your primary care doctor prior to getting the vaccine.