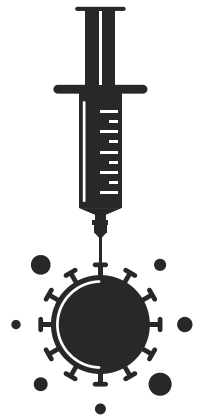


THE ABCs OF THE COVID-19 VACCINES

As we continue to navigate the COVID-19 pandemic, there is a significant – and ever-increasing – amount of information available about the COVID-19 vaccines. At times, this information can feel overwhelming and important facts about the vaccines can get lost. One thing we do know for certain is that the COVID-19 vaccines remain our **single best defense** against the virus and our best chance at ending the COVID-19 pandemic.

Below, Memorial Hermann examines some common misconceptions about the COVID-19 vaccines, and encourages everyone to make educated decisions about the vaccines that further protect them and their loved ones from the virus.



The COVID-19 vaccines were rushed into production and we don't know if they are truly safe.

False. Before any vaccine is widely distributed to the public, it is tested in clinical trials on tens of thousands of people to determine its safety and efficacy. While development and authorization of the COVID-19 vaccines were accelerated, this does not mean that safety corners were cut.

Each vaccine has undergone the same stringent review process by the U.S. Food and Drug Administration (FDA) – which is globally respected for its scientific standards of vaccine safety, effectiveness and quality – before it received the agency's Emergency Use Authorization. This means the FDA has determined there is substantial evidence that the vaccine is safe and effective in preventing a COVID-19 infection. In addition to clinical trials, we now have observations following the administration of more than 150 million COVID-19 vaccine doses to date. Both the trials and the observations from actual use clearly demonstrate that the vaccines are safe and effective.

The vaccine can give you COVID-19.

False. None of the COVID-19 vaccines currently available uses a live version of the virus, so a person who receives any of these vaccines cannot contract COVID-19 from the vaccination.

The vaccine has side effects that are worse than getting COVID-19.

False. Each COVID-19 vaccine has similar potential side effects, including fatigue, headache, muscle and joint pain, swollen lymph nodes and pain at the injection site. But none of the reported side effects are serious and long-lasting, and none are nearly as bad as the potential complications of COVID-19, which include hospitalization and death.

Receiving the COVID-19 vaccine can have an impact on fertility.

False. According to The Centers for Disease Control and Prevention (CDC), there is no evidence that any vaccine, including COVID-19 vaccines, causes any problems with fertility. Those who are trying to become pregnant do not need to avoid the vaccine, nor do they need to avoid pregnancy after receiving the vaccine.

The material in the COVID-19 vaccine can alter your DNA.

False. It's impossible for any vaccine to alter your DNA. Some of the vaccines currently available do use mRNA technology, which injects a small bit of the COVID-19 virus's genetic code into the body. However, that code does not change your DNA. It stimulates an immune response in your body, then breaks down and does not remain in the body.

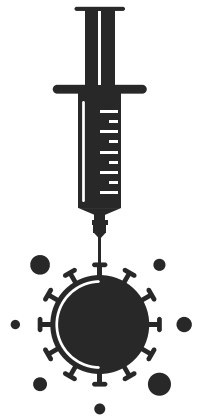
There's no point to getting the COVID-19 vaccine because you can still get COVID-19 and spread it to others.

False. While it is possible to contract COVID-19 after being vaccinated, all COVID-19 vaccines are proven to be highly effective in protecting you from severe symptoms from the virus, hospitalization and death. Therefore, the COVID-19 vaccines play a crucial role in protecting your health and the health of our community.

Data about whether vaccinated individuals can still spread the virus are just now being collected, which is why it is still important to practice the 3 W's – wear a mask, watch your distance and wash your hands regularly – until we know more.

Memorial Hermann believes in the safety and efficacy of all COVID-19 vaccines currently available and invites all members of our community 16 years of age and older to register for vaccination at www.MemorialHermann.com/vaccine-hub. To learn more about the COVID-19 vaccines, visit www.MemorialHermann.com/covid19vaccine.

7 REASONS TO GET THE COVID-19 VACCINE



One

COVID-19 can cause uncomfortable symptoms, long-term disabilities or death—and there is no way to know how it would affect you. Even before you know you're sick, you could spread the disease to family, friends and others. The results could be tragic.

Two

Vaccines are the ultimate enforcer against viruses, including the coronavirus. They ramp up your internal natural defenses so you're ready to fight COVID-19 if you're exposed.

Three

Vaccines can save your life and others. Vaccinated, you can do your part to stop the pandemic in its tracks. We must achieve at least 70 percent to 80 percent herd or community immunity to give the coronavirus nowhere to go.

Four

The coronavirus cannot spread as effectively or quickly if enough people get vaccinated. It dies out, rather than killing others.

Five

You cannot get COVID-19 from the vaccine itself.

Six

Getting vaccinated is a lot easier now than it was before: Doctor's offices, hospitals, medical clinics, and grocery and other retail pharmacies are administering vaccines to all adults.

Seven

COVID-19 vaccines are free. The federal government foots the bill, whether you're a legal resident or not. Getting vaccinated is a win for you—and America.

LIFE AFTER YOU'VE BEEN VACCINATED: CDC GUIDELINES

If you need another reason to get a COVID-19 vaccine, here's a big one:
A taste of freedom.

The U.S. Centers for Disease Control and Prevention (CDC) says being fully vaccinated greatly reduces your chance of catching COVID-19 and your risk of hospitalization or death.

The CDC's new guidelines say, once fully vaccinated, you will be free to enjoy some liberties we once took for granted:

- You can gather indoors with fully vaccinated people without wearing a mask or staying 6 feet apart.
- You can gather indoors with unvaccinated people of any age from one other household without masks or staying 6 feet apart (unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19).
- If you travel in the United States, you do not need to get tested before or after travel, or self-quarantine after travel.
- If you travel internationally, you do not need to get tested before leaving the United States (unless required by the destination) and you do not need to self-quarantine after arriving back in the United States.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.

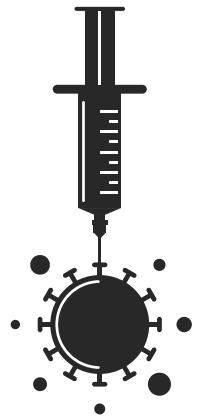
There are exceptions:

If you live in or visit a group setting such as assisted living or correctional facilities, you need to stay away weeks after being within 6 feet of an infected person for 15 minutes or more within a 24-hour period.

If you work in a healthcare setting, you must continue to wear personal protective equipment to keep you and others safe. You also must quarantine yourself if you've been exposed to someone who has the coronavirus.

Vaccinated grandparents can visit and enjoy your hugs and those of your unvaccinated children, as long as you limit guests to your household and none of you are at risk for severe COVID-19.

If you have yet to receive your vaccine, know that doing so could bring freedom to yourself—and others. When 70-90 percent of Americans get vaccinated, we'll reach herd immunity.



A SHOT OF HOPE



Register for the **COVID-19** Vaccine

You are invited to register to receive the COVID-19 vaccine at a Memorial Hermann location. Registered individuals will be notified when appointments are available and will be asked to select a time and location. Appointments will be made available based on vaccine supply and vaccine distribution prioritization in accordance with guidance from the Texas Department of State Health Services.

To register:



Open the camera app on your mobile device. Point your camera at the QR code to scan it. Click on the pop-up notification that appears at the top of your screen.

For additional information,
visit [memorialhermann.org/vaccine-hub](https://www.memorialhermann.org/vaccine-hub)

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Regístrese para la Vacuna COVID-19

Le invitamos a registrarse para recibir la vacuna COVID-19 en una de las instalaciones de Memorial Hermann. Las personas registradas serán notificadas cuando las citas estén disponibles y se le pedirá que seleccione una hora y un lugar. Las citas se establecerán en función del suministro de vacunas y la prioridad en la distribución de vacunas de acuerdo con las directrices del Departamento de Servicios de Salud estatales de Texas.

Para registrarse:



Abra la aplicación de la cámara en su dispositivo móvil. Apunte su cámara en el código QR para escanearlo. Haga clic en la notificación que aparece en la parte superior de la pantalla.

**Para obtener información adicional,
visite memorialhermann.org/vaccine-hub**

Đăng ký tiêm vắc-xin COVID-19

Quý vị được mời đăng ký tiêm vắc-xin COVID-19 tại địa điểm thuộc Memorial Hermann. Cá nhân có đăng ký sẽ được thông báo khi đến lịch hẹn và sẽ được yêu cầu chọn thời gian và địa điểm. Cuộc hẹn sẽ được thực hiện dựa trên nguồn cung vắc-xin và ưu tiên phân phối vắc-xin theo hướng dẫn của Sở Dịch vụ Y tế Tiểu bang Texas.

Để đăng ký:



Mở ứng dụng máy ảnh trên thiết bị di động của quý vị. Hướng máy ảnh của quý vị vào mã QR để quét. Nhấp vào thông báo bật lên xuất hiện ở đầu màn hình.

**Về thông tin bổ sung,
hãy truy cập memorialhermann.org/vaccine-hub**

Ways to Protect Yourself and Others



Wash your hands often

- Use soap and water for at least 20 seconds (sing 2 verses of Happy Birthday).
- Or use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands after blowing your nose, coughing or sneezing.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw used tissues in the trash and wash your hands.



Keep a safe distance from others

- Avoid close contact with people who are sick.
- Put 6 feet between yourself and other people.
- Protect people at higher risk: Older adults and people with lung disease, diabetes or other underlying health conditions.

To learn more, visit [memorialhermann.org/coronavirus](https://www.memorialhermann.org/coronavirus) or [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Source:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

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STAY APART AND STAY WELL!

COVID-19 Room Safety Guidelines

Max # of people allowed in this room:

Staying healthy is everyone's job.

**Please do your part and help keep
this area sanitized.**

Please update when room was last cleaned below:

Date/time: _____

Thank You!

Keep a Safe Distance from Others



Protect Yourself and Others

- Avoid close contact with people who are sick.
- Put 6 feet between yourself and other people.
- Protect people at higher risk: Older adults and people with lung disease, diabetes or other underlying health conditions.

To learn more, visit [memorialhermann.org/coronavirus](https://www.memorialhermann.org/coronavirus)
or [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Source:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

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Protect Yourself and Others



**Stay 6 ft apart and wear your masks when
you are not eating**