

# COVID-19 vaccine: Top 10 things you need to know

From Dr. Robert Citronberg, Executive Medical Director of Infectious Disease and Prevention



1. Vaccinating as many people as possible is the only way to end this pandemic. Without a vaccine, the pandemic could go on for two to three more years or longer.
2. We expect everyone who wants a vaccine will be able to get one in the next few months as large quantities become available.
3. We strongly encourage all eligible members of our communities to get vaccinated once it's widely available.
4. The risk of COVID-19 and its complications far outweighs the risk of getting the vaccine.
5. Trials showed the Pfizer vaccine was 95% effective in preventing COVID-19 and the Moderna vaccine was 94% effective. There were no serious safety concerns reported with either.
6. Some trial participants reported side effects including pain at the injection site, tiredness, headache, muscle pain, chills, joint pain and fever. Side effects such as these often indicate a person's immune system is responding to the vaccine.
7. The Pfizer vaccine is administered in two doses given 19-25 days apart. The Moderna vaccine is also administered in two doses but given 26-32 days apart. It's important to get both doses to get full protection. And you must get two doses of the same vaccine – you can't get one of each.
8. Even after receiving the vaccine, everyone needs to wear masks, practice social distancing and wash their hands. It'll take time to immunize enough of the population to stop the virus from spreading, so we'll need to continue these safe practices for some time.
9. We're approaching our vaccination plan with urgency – not as an emergency. Our priority is to deliver the vaccine safely and fairly.
10. Our [Safe Care Promise](#) provides additional measures at all of our locations to protect you and our team members. In person or online, we're here for you.