



COVID-19 VACCINE

INFORMATION

SESSION FOR

PHILLY FAMILIES

THURSDAY | MAY 6TH | 6-7PM ET
STREAMING ON ZOOM AND FACEBOOK LIVE



**NATIONAL
NURSE-LED CARE
CONSORTIUM**
a PHMC affiliate



National Nurse-Led Care Consortium



The **National Nurse-Led Care Consortium (NNCC)** is a nonprofit organization that supports nurse-led care and nurses at the front lines of care.

NNCC provides expertise to support comprehensive, community-based primary care and public health nursing.

- Policy research and advocacy
- Program development and management
- Technical assistance and support
- Direct, nurse-led healthcare services

Acknowledging structural racism, ableism and other forms of oppression



The National Nurse-Led Care Consortium recognizes that historical and current [structural racism](#), ableism, and other forms of oppression have made it difficult for some communities (such as Black people and people with disabilities) to fully trust the public health, medical and scientific community. We want to be open and honest about the safety and development of the COVID-19 vaccine—what we know and what we don't know.

Housekeeping Items

Question & Answer

- Click Q&A and type your questions into the open field.
- The Moderator will either send a typed response or answer your questions live during the Q&A segment.
- We will collect all questions that are not answered today and share the answers with attendees in a follow-up email.

Zoom Participant ID: 42 Meeting ID: 752-948-988

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Today's Session

- COVID-19 Vaccine Information
- Panel Discussion
- Q&A with Families



Vaccine Basics

What is a vaccine and how does it work?

- Vaccines work with your body to safely build protection from a disease.
- They give us protection, without having to get the disease first.
- Vaccines are important because they *prevent* disease, instead of *curing or healing* disease after a person is sick.
- COVID-19 vaccination will help protect you by building immunity without the risk of severe illness.

Common side effects

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

To reduce pain and discomfort where you got the shot



- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever



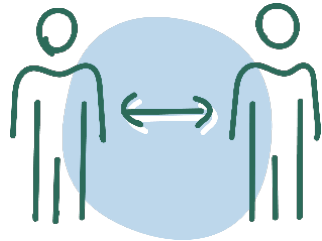
- Drink plenty of fluids.
- Dress lightly.

After Vaccination

- Continue COVID-19 prevention measures:



Cover your nose and mouth with a mask.



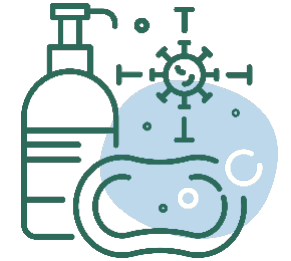
Stay at least 6 feet from people who don't live with you.



Avoid crowds and poorly ventilated spaces.



Wash your hands.



Clean and disinfect frequently touched surfaces.

- Enroll in **v-safe** program to track any symptoms.
- If you have questions about your health and vaccination, call your doctor, nurse, or clinic.

COVID-19 Vaccine in Pregnancy



FAQ: I would like to have a baby one day. Is it safe for me to get a COVID-19 vaccine?

- Yes. People who are trying to become pregnant now or who plan to try in the future may receive the COVID-19 vaccine when it becomes available to them.
- Based on what we know right now, experts believe that COVID-19 vaccines are safe for someone who is trying to become pregnant in the short or long term.
- There is no evidence that fertility problems are a side effect of any vaccine.

FAQ: Should someone who is pregnant or breastfeeding get a COVID-19 vaccine?

- Pregnant individuals are at increased risk of severe COVID illness compared to people who are not pregnant.
- Pregnant individuals with COVID-19 are at increased risk of adverse pregnancy outcomes such as preterm birth.
- The American College of Obstetricians and Gynecologists and CDC recommend that COVID-19 vaccines be offered to pregnant and breastfeeding individuals when they are available.



FAQ: Should someone who is pregnant or breastfeeding get a COVID-19 vaccine?

Getting vaccinated is a personal choice for people who are pregnant or breastfeeding. A discussion with your healthcare provider might help you make an informed decision.

FAQ: Are the COVID-19 vaccines safe for children?

- The Pfizer vaccine is authorized for people ages 16 and older.
- The Moderna and Johnson & Johnson vaccines are authorized for people ages 18 and older.
- Children under the age of 16 years of age should not get the COVID-19 vaccine right now.



Resources for Vaccine Information

- **U.S. Centers for Disease Control and Prevention (CDC)**
The national public health agency of the United States.
Website | <https://www.cdc.gov/coronavirus>
- **The Conversation: Between Us, About Us**
Quick, 1 min. videos with W. Kamau Bell, Black doctors, nurses and researchers that answer COVID questions.
Watch | <https://www.youtube.com/c/greaterthancovid/featured>
- **MotherToBaby**
Free text/call/live chat services. Experts answer your questions about exposures during pregnancy or breastfeeding.
Phone | 866-626-6847 (toll free)
Text | 855-999-3525 (standard messaging rates)
Live chat | <https://mothertobaby.org>
- **[Philadelphia Department of Public Health - COVID-19 Vaccine FAQ Sheets](#)**

Panel

Valerie Holloman

Lead Community Resource
Manager, NNCC



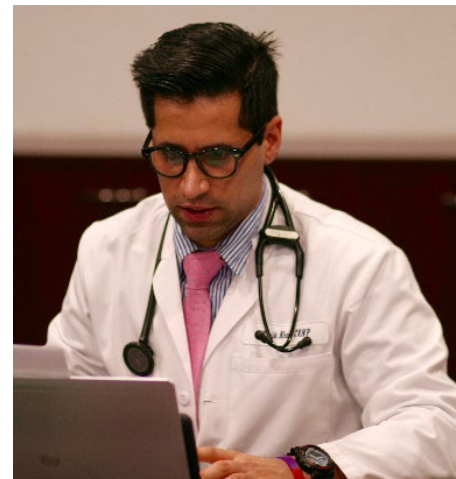
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Q&A





COVID-19 Community

Vaccination Day

Administering the Moderna Vaccine

Two-Part Vaccination Event

Home Visiting participants and their families are invited to join our quick and easy two-part socially distant immunization event. Save your spot by registering for an appointment.

Congreso Health Center

216 W. Somerset St.
Philadelphia, PA 19133

Giveaways, Raffles,
Free Transportation &
Family Portraits included!



1ST DOSE:

MAY 22 • 11AM TO 4PM

2ND DOSE:

JUNE 19 • 11AM TO 4PM

REGISTER BY MAY 14TH

Call us at 267-507-5278



Where can you get a COVID-19 vaccine?

The PHMC Health Network is vaccinating against Covid-19.

- **Currently for individuals 16 and up.**
- **Anticipate to be able to vaccinate individuals 12 and up soon.**

Sign Up for your COVID-19 Vaccination Appointment [HERE](#)

**You can also visit the closest Health Department Clinic. Sign up [HERE](#)
For help scheduling an appointment, call the city's hotline at 215-685-5488 or 311.**

Thank you!

NurseLedCare.org