

COVID-19 Vaccine Facts

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(All materials are in English & Spanish)

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- Healthier Greater New Haven Partnership Resource Page
- Greenwich Community Health Improvement Partnership Resource Page

For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org



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March 2021

Is the COVID-19 Vaccine Safe?

ct.gov/covidvaccine



All the COVID-19 vaccines being used have gone through rigorous studies to ensure they are as safe as possible.

- The U.S. Food and Drug Administration (FDA) has granted Emergency Use Authorization (EUA) **for two COVID-19 vaccines — from Pfizer-BioNTech and Moderna** — with data showing safety and efficacy findings from large clinical trials. This data demonstrates that the known and potential benefits of this vaccine outweigh the known and potential harms of becoming infected with COVID-19.
- The Pfizer vaccine alone had **a trial of over 40,000 people over a period of many months without any serious incidents.** No vaccines will be available to the public without the review of the federal government and the Science Subcommittee of Governor Lamont's Vaccine Advisory Group. In Connecticut, we continue to make every decision with public health as a number one priority.



Learn more:

www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html

Getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19.

For some people, COVID-19 can cause severe illness or death. Getting vaccinated not only protects you from COVID-19, it also protects those around you by preventing its spread. Stopping a pandemic requires using all the prevention tools available. Vaccines work with your immune system so your body will be ready to fight the virus. Other steps, like masks and social distancing, help reduce your chance of being exposed to the virus and spreading it to others. **Together, COVID-19 vaccination and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.**

SOURCES

- www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html
- portal.ct.gov/Coronavirus/COVID-19-Vaccinations---FAQs

Frequently Asked Questions



What are the side effects of the vaccine?

You may have some side effects, which are normal signs of your body building protection. These side effects may affect your ability to do daily activities, but they should go away within a few days.

- Common side effects:
- Pain & swelling in the arm where you got the shot
 - Fever
 - Chills
 - Tiredness
 - Headache

Is it safe to get vaccinated if I have an underlying health condition?

Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19. It is recommended that people with these conditions get vaccinated.

I've had allergic reactions to other shots, can I get the COVID-19 vaccine?

Individuals who have had prior allergic reactions to injectable medicines should consult with their medical providers before receiving a COVID-19 vaccine. Your provider can discuss what allergies may make it risky for you to get the COVID-19 vaccination, but it has proven safe in the vast majority of instances.

Can I get the vaccine if I'm pregnant or nursing?

Yes.

Is the COVID-19 vaccination safe for children?

Vaccinations are only authorized for those over 16 at this time.

Can people who have already have COVID-19 get the vaccine?

Yes. CDC recommends getting vaccinated even if you have already had COVID-19 because reinfection is possible. While you might have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection will last.



How Did the COVID-19 Vaccine Get Developed So Quickly?

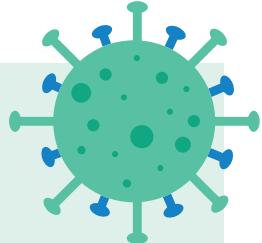
ct.gov/covidvaccine



These mRNA vaccines are a result of decades of work.

- **Lessons learned from earlier vaccine research** informed strategies for developing COVID-19 vaccines.
- Severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) are two diseases caused by coronaviruses closely related to the virus that causes COVID-19. Researchers began working on developing vaccines for these diseases after they were discovered in **2003** and **2012**, respectively.

- None of the SARS vaccines ever made it past the first stages of development and testing, in large part because the virus disappeared. **One MERS vaccine (MVA-MERS-S) successfully completed a phase 1 clinical trial in 2019.**
- **mRNA vaccines have been studied before** for flu, Zika, rabies, and cytomegalovirus (CMV).
- As soon as the genetic code became available for SARS-CoV-2 (the virus that causes COVID-19), scientists began designing the mRNA for the vaccine, which **provides instructions for cells to build the unique spike protein for SARS-CoV-2.**



The typical FDA process for vaccine development was followed:

Research and Discovery Stage
Scientists conduct laboratory research to test their idea for a vaccine candidate. Started before COVID-19.

Pre-Clinical
Laboratory research and testing in animals to obtain information about how the vaccine works and whether it's likely to be safe and work well in humans. Started before COVID-19.

Phase 1 Trial
Emphasis on safety. Generally includes 20-100 volunteers who haven't been exposed to the disease.

Phase 2 Trial
Randomized controlled studies with more people. Various dosages are tested on 100s of people, typically with varying health statuses and from different demographic groups.

Phase 3 Trial
Vaccine is administered to thousands of people, generating critical information on effectiveness and additional safety data.

License Application to the FDA
After its evaluation, FDA decides whether to approve/authorize the vaccine for use in the United States.

Learn more, read the COVID-19 vaccine's path to authorization: www.fda.gov/media/143890/download



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- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html
- www.fda.gov/vaccines-blood-biologics/development-approval-process-cber/vaccine-development-101

GET THE FACTS
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¿Cómo se desarrolló la vacuna contra COVID-19 tan rápidamente?

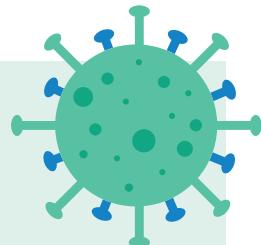
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Estas vacunas de ARNm son el resultado de décadas de trabajo.

- Son lecciones aprendidas de anteriores investigaciones de vacunas para poder desarrollar una vacuna contra el COVID-19.
- El síndrome respiratorio agudo grave y el síndrome respiratorio del Medio Oriente (SARS y MERS, por sus siglas en inglés respectivamente) son dos enfermedades causadas por varios coronavirus que están estrechamente relacionados con el virus que causa el COVID-19. Los investigadores comenzaron a desarrollar las vacunas contra estas enfermedades tras haber sido descubiertas en el 2003 y el 2012, respectivamente.

- Ninguna de las vacunas contra el SARS pasó sus primeras etapas de desarrollo y prueba, en gran parte porque el virus desapareció. Una vacuna MERS (MVA-MERS-S) completó con éxito un ensayo clínico de fase 1 en el 2019.
- Se han estudiado versiones de vacunas de ARNm contra la influenza, el zika, la rabia y el citomegalovirus (CMV).
- Tan pronto el código genético estuvo disponible para el SARS-CoV-2 (el virus que causa el COVID-19), los científicos comenzaron a diseñar el ARNm de la vacuna, que proporciona instrucciones para que las células construyan la única proteína para el SARS-CoV-2.



Se siguió el proceso típico de la FDA para el desarrollo de vacunas:

Etapa de Investigación y Descubrimiento
Los científicos investigaron y probaron sus ideas en una vacuna candidata. Esto empezó antes del COVID-19.

Etapa Pre- Clínica
Se realizaron investigaciones de laboratorio y pruebas adicionales en animales para obtener información sobre cómo funciona la vacuna y si es probable que sea segura y funcione bien en los seres humanos. Esto empezó antes de COVID-19.

Fase 1 del Desarrollo Clínico
Se hizo hincapié en la seguridad. Generalmente se incluyen entre 20 y 100 voluntarios que no han estado expuestos a la enfermedad.

Fase 2 del Desarrollo Clínico
Estudios controlados aleatorios incluyeron a más personas. Diversas dosis son probadas en cientos de personas con estados de salud típicamente variables y de diferentes grupos demográficos.

Fase 3 del Desarrollo Clínico
La vacuna se administra a miles de personas y el estudio genera información crítica sobre la eficacia y datos adicionales importantes de seguridad.

Solicitud de licencia a la FDA
Después de su evaluación, la FDA decide si aprueba la vacuna para su uso en los Estados Unidos.



Para más información, lea el camino para la autorización de la vacuna de COVID-19: www.fda.gov/media/143890/download

Vacunarse contra el COVID-19 es uno de los muchos pasos fundamentales que puede tomar para protegerse y proteger a otros contra el COVID-19.

Para algunos, el COVID-19 puede causar enfermedades graves o la muerte. La vacunación no solo lo protege del COVID-19, sino que también protege a los que están a su alrededor al prevenir su propagación. Detener una pandemia requiere la utilización de todas las herramientas de prevención disponibles. Las vacunas trabajan con su sistema inmunológico para que su cuerpo esté listo para combatir el virus. Otros pasos, como las máscaras y el distanciamiento social, ayudan a reducir la posibilidad de estar expuesto al virus y trasmítirlo a otras personas. La vacunación contra el COVID-19 y seguir las recomendaciones de los CDC son dos elementos importantes para protegerse a si mismo y a los demás contra el COVID-19.

FUENTES

- www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html
- www.fda.gov/vaccines-blood-biologics/development-approval-process-cber/vaccine-development-101



Facts About the COVID-19 Vaccine

ct.gov/covidvaccine



Who makes the vaccine?

Currently, two vaccines are authorized and recommended to prevent COVID-19: **Pfizer-BioNTech** and **Moderna**

Both vaccines went through a rigorous, transparent clinical trial and approval process and were found to be >94% effective.

>94%
EFFECTIVE

Medical experts agree that both vaccines are safe and effective at protecting you against COVID-19.

Will the vaccine give me COVID-19?

No. The vaccines do not contain anything that can make you sick.



The COVID-19 vaccine is an mRNA. mRNA vaccines give our cells instructions for making a harmless protein found on the outside surface of the virus that causes COVID-19. This “spike protein” trains our immune system to target the virus when it shows up.

Will the vaccine protect me from getting sick with COVID-19?

Yes. The vaccine can keep you safe by preparing your immune system to immediately recognize and fight the virus that causes COVID-19 before it can spread and cause damage.



When will I be protected?

You must receive **2 doses** of the vaccine 3-4 weeks apart for maximum protection against COVID-19. Full protection occurs about 2 weeks after your second dose.



SOURCES

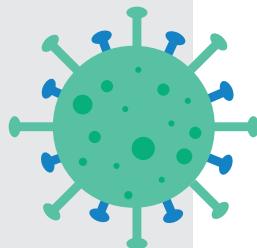
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- info.primecaretech.com/hubfs/Infographics/Answers-to-Your-Covid-19-Vaccine-Questions.pdf
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html

Does the COVID-19 vaccine change my DNA?



No. The COVID-19 mRNA vaccines cannot alter your DNA in any way.

What if I've already had COVID-19, do I still need to get vaccinated?



Yes. It is important to get vaccinated for longer and better protection.

According to the CDC, “because there are severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, the vaccine should be offered to you regardless of whether you already had COVID-19 infection.”

Do I still need to wear a mask?



Yes. We will still need to protect our families, friends and communities from COVID-19 while people are getting vaccinated: Mask, Social Distance, Avoid Large Groups, Practice Good Hand Hygiene.



Where can I find more information about the COVID-19 vaccine?

There are several reputable sources to learn more:

- Center for Disease Control (CDC.gov)
- U.S. Department of Health & Human Services (HHS.gov)
- World Health Organization (WHO.int)



Verdades Sobre La Vacuna Contra el COVID-19

ct.gov/covidvaccine



¿Quién fabrica la vacuna?

Actualmente son dos vacunas que están autorizadas y recomendadas para prevenir el COVID-19:

Pfizer-BioNTech y Moderna.

Ambas vacunas han pasado por ensayos clínicos rigurosos y transparentes, y un proceso de aprobación en el que encontraron que tienen una efectividad más alta que el 94%.

>94%
E F E C T I V A

Los expertos médicos coinciden en que ambas vacunas son seguras y efectivas para protegerlo contra el COVID-19.

¿Me dará COVID-19 si me pongo la vacuna?

No. Las vacunas contra el COVID-19 no te enfermarán.



La vacuna contra el COVID-19 es ARNm. Las vacunas ARNm enseñan a nuestras células a generar una proteína segura encontrada en la superficie exterior del virus que causa el COVID-19. Esta proteína le demuestra a nuestro sistema inmunológico a atacar el virus si se presenta.



¿Me protegerá la vacuna de enfermarme con COVID-19?

Sí. Las vacunas lo mantienen seguro, preparando su sistema inmunológico para reconocer y combatir el virus que causa el COVID-19 antes de que se propague y cause daño.

¿Cuándo estaré protegido?

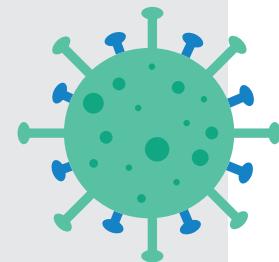
Debe recibir **2 dosis** de la vacuna después de 3-4 semanas para obtener la máxima protección contra COVID-19. La protección completa ocurre aproximadamente 2 semanas después de su segunda dosis.



¿Podría la vacuna contra COVID-19 cambiar mi ADN?

No. La vacuna ARNm contra el COVID-19 no alterará su ADN de ninguna manera.

Si ya tuve COVID-19, ¿debo vacunarme de todos modos?



Sí. Es importante vacunarse para una mejor y más duradera protección.

Según el CDC, “debido a los graves riesgos de salud asociados al COVID-19 y al hecho de que es posible la reinfección por COVID-19, debe vacunarse no importando si ya ha tenido o no, la infección por COVID-19.”

¿Todavía tengo que usar una máscara?



Sí. Todavía necesitamos proteger a nuestras familias, amigos y comunidades contra el COVID-19 mientras otras personas esperan ser vacunadas: máscaras, distanciamiento social, evitar la exposición a grupos grandes, lavarse las manos.



¿Dónde puedo encontrar más información sobre la vacuna contra el COVID-19?

Hay varias fuentes confiables donde puede encontrar más:

- Centro para el Control y la Prevención de Enfermedades ([CDC.gov](https://www.cdc.gov))
- Departamento de Salud y Servicios Humanos de los Estados Unidos ([HHS.gov](https://www.hhs.gov))
- Organización Mundial de la Salud ([WHO.int](https://www.who.int))

FUENTES

- www.cdc.gov/vaccinesafety/index.html
- www.cdc.gov/vaccines/vac-gen/evalwebs.htm
- info.primecaretech.com/hubfs/Infographics/Answers-to-Your-Covid-19-Vaccine-Questions.pdf
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html



What Ingredients are in the COVID-19 Vaccine?

ct.gov/covidvaccine



Pfizer-BioNTech Vaccine

- **95% effective**
- Number of shots: **2 shots, 21 days apart**
- Approved for use in people aged **16 years and older**
- **Ingredients:** messenger ribonucleic acid (mRNA), lipids (((4-hydroxybutyl)azanediyil)bis(hexane-6,1-diyl) bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-distearoyl-sn-glycero-3-phosphocholine, and cholesterol), potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose
- **Explanation** of ingredients:
 - Lipids: Nanolipids, or tiny fat molecules, protect the mRNA and provide a "greasy" exterior that helps the mRNA slide inside cells. Nanolipid components in the Pfizer-BioNTech vaccine include: (((4-hydroxybutyl)azanediyil)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-distearoyl-sn-glycero-3-phosphocholine, and cholesterol
 - Salts: Helping to balance the acidity in your body, the following salts are included in the Pfizer-BioNTech vaccine: potassium chloride, monobasic potassium phosphate, sodium chloride, and dibasic sodium phosphate dihydrate
 - Sugar: Basic table sugar, also known as sucrose, can also be found in the Pfizer-BioNTech vaccine. This ingredient helps the molecules maintain their shape during freezing.
- **Does NOT contain:** Eggs, Preservatives, Latex

Learn more, read the FDA full Pfizer-BioNTech Fact Sheet:
www.fda.gov/media/144414/download

Moderna Vaccine



- **94% effective**
- Number of shots: **2 shots, 28 days apart**
- Approved for use in people aged **18 years and older**
- **Ingredients:** messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose
- **Explanation** of ingredients:
 - mRNA: Like the Pfizer BioNTech vaccine, Moderna's also uses mRNA technology to build antibodies against COVID-19.
 - Lipids: Nanolipids help deliver the mRNA to the vaccine recipient's cells. Nanolipid components of the Moderna vaccine include: (SM-102, 1,2-dimyristoyl-rac-glycero-3-methoxypolyethylene glycol-2000 [PEG2000-DMG], cholesterol, and 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC])
 - The remaining ingredients, including acids (acetic acid), acid stabilizers (tromethamine and tromethamine hydrochloride), salt (sodium acetate), and sugar (sucrose) all work together to maintain the stability of the vaccine after it's produced.
- **Does NOT contain:** Eggs, Preservatives, Latex

Learn more, read the FDA full Moderna Fact Sheet:
www.fda.gov/media/144638/download



Getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19.

For some people, COVID-19 can cause severe illness or death. Getting vaccinated not only protects you from COVID-19, it also protects those around you by preventing its spread. Stopping a pandemic requires using all the prevention tools available. Vaccines work with your immune system so your body will be ready to fight the virus. Other steps, like masks and social distancing, help reduce your chance of being exposed to the virus and spreading it to others. **Together, COVID-19 vaccination and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.**

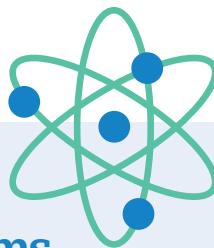
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- www.hackensackmeridianhealth.org/HealthU/2021/01/11/a-simple-breakdown-of-the-ingredients-in-the-covid-vaccines



How Does the COVID-19 Vaccine Work?

ct.gov/covidvaccine



COVID-19 mRNA vaccines prepare our immune systems to protect us from COVID-19.

- **COVID-19 mRNA vaccines provide instructions to cells in our upper arms to make a harmless protein found on the surface of the virus that causes COVID-19.** Once this “spike protein” is made, the cell breaks down the instructions and gets rid of them.
- **Our immune systems recognize that this spike protein doesn't belong in our bodies and makes antibodies to bind onto the protein,** signaling our immune cells to attack. This is called an immune response. mRNA vaccines provide instructions for our immune system to make antibodies without ever having to risk the serious consequences of getting sick with COVID-19 and passing it on to others.
- **It typically takes a couple weeks,** but once an immune response to the spike protein is produced, our bodies can recognize the COVID-19 virus. Our immune system will automatically fight the virus to protect us from getting sick. Because it takes time to build this immune memory, it is possible to get COVID-19 just before or after vaccination when the vaccine is still working to provide protection.



Facts about COVID-19 mRNA Vaccines

They cannot give someone COVID-19. mRNA vaccines do not use the live virus that causes COVID-19.

They do not affect or interact with our DNA in any way. mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. Cells break down and get rid of the mRNA soon after they are finished using the instructions.



The two authorized vaccines require more than one shot. You must receive 2 doses of the vaccine 3-4 weeks apart for maximum protection against COVID-19. The vaccine begins to protect you 1-2 weeks after your second dose.

Getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19.

For some people, COVID-19 can cause severe illness or death. Getting vaccinated not only protects you from COVID-19, it also protects those around you by preventing its spread. Stopping a pandemic requires using all the prevention tools available. Vaccines work with your immune system so your body will be ready to fight the virus. Other steps, like masks and social distancing, help reduce your chance of being exposed to the virus and spreading it to others. **Together, COVID-19 vaccination and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.**

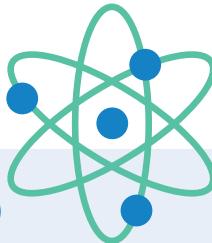
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- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html



¿Cómo funciona la vacuna del COVID-19?

ct.gov/covidvaccine



Las vacunas mRNA del COVID-19 preparan a nuestro sistema inmune a protegerse del COVID-19.

- Las vacunas mRNA del COVID-19 proveen instrucciones a las células en nuestros antebrazos para crear una proteína inofensiva encontrada en la superficie del virus que causa el COVID-19. Una vez que este “pico de proteína” se crea, las células reciben la alerta y empiezan a deshacerse de ella.
- Nuestro sistema inmunológico reconoce que este pico de proteína no pertenece a nuestros cuerpos y crea anticuerpos para rechazar a la proteína, mandando señales a las células inmunes para atacar. Esto se llama respuesta inmunológica. Las vacunas mRNA proveen instrucciones para nuestro sistema inmunológico para crear anticuerpos sin tomar el riesgo de consecuencias serias como enfermarse con COVID-19 y contagiar a otros.
- Típicamente, puede tomar semanas, pero una vez que nuestra respuesta inmunológica hacia el pico de proteína es producida, nuestros cuerpos pueden reconocer el virus del COVID-19. Nuestro sistema inmunológico peleará contra el virus automáticamente y nos protegerá de enfermarnos. Ya que toma tiempo crear una memoria inmunológica, es posible contraer COVID-19 justo antes o después de la vacunación mientras la vacuna todavía está trabajando para proveer protección.

Verdades sobre las Vacunas mRNA contra el COVID-19

No pueden infectar a alguien con COVID-19.

Las vacunas mRNA no usan el virus que causa el COVID-19.

Ellas no afectan o interactúan con nuestro ADN, de ninguna manera.

Las vacunas mRNA nunca entran al núcleo de las células, donde está nuestro ADN (material genético). Las células trabajan para deshacerse del mRNA de manera rápida, después que terminan de seguir las instrucciones.



Las dos vacunas autorizadas requieren más de una dosis.

Debes recibir 2 dosis de la vacuna con 3-4 semanas de distancia para tener una protección máxima del COVID-19. La vacuna empeiza a protegerte después de 1-2 semanas después de tu segunda dosis.

Vacunarse contra el COVID-19 es uno de los muchos pasos fundamentales que puedes tomar para protegerte y proteger a otros contra el COVID-19.

Para algunos, el COVID-19 puede causar enfermedades graves o la muerte. La vacunación no solo lo protege del COVID-19, sino que también protege a los que están a su alrededor al prevenir su propagación. Detener una pandemia requiere la utilización de todas las herramientas de prevención disponibles. Las vacunas trabajan con su sistema inmunológico para que su cuerpo esté listo para combatir el virus. Otros pasos, como las máscaras y el distanciamiento social, ayudan a reducir la posibilidad de estar expuesto al virus y trasmítirlo a otras personas. La vacunación contra el COVID-19 y seguir las recomendaciones de los CDC son dos elementos importantes para protegerte a ti mismo y a los demás contra el COVID-19.

FUENTES

- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html



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Scan the QR code to access the HIA
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Food resources, such as free food
distributions and food assistance.

Covid-19 information and where to get
tested and vaccinated.

Healthy eating information like recipes,
shopping tips and more!

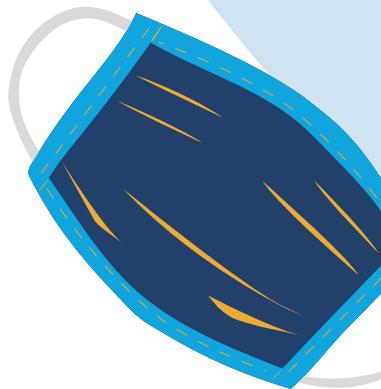
Mental health, healthy living resources
and much more!



Two ways to access

- 1) Open camera on smart phone and point directly at this code **OR**
- 2) Go to HIA-CT.org and click on Local Resources on right side of the main page

Page is updated frequently



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¿Busca recursos de Greater New Haven para mantenerse saludable?

Escanee el código QR para acceder a la página web de recursos de HIA para obtener información sobre:

Recursos alimentarios, como distribuciones gratuitas de alimentos y asistencia alimentaria.

Información de Covid-19 y dónde hacerse la prueba y vacunarse.

Información sobre alimentación saludable que incluye recetas, consejos de compras, y más.

Recursos para la salud mental, estilo de vida saludable y mucho más.

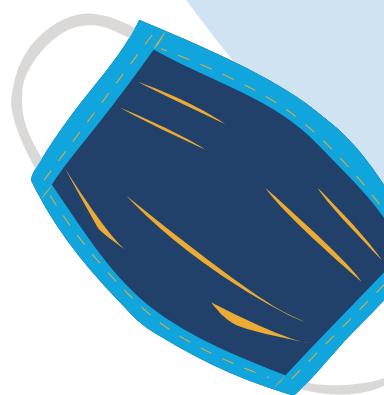


Dos formas de acceder

- 1) Abra la cámara en su smartphone y apunte directamente a este código
- 2) Vaya a HIA-CT.org y haga clic en "Local Resources" en el lado derecho de la página principal

Para ver el sitio web en español, seleccione "Spanish" debajo de "Translate"

Esta página se actualiza con frecuencia



OBTENGA MÁS INFORMACIÓN EN
WWW.HIA-CT.ORG



SÍGUENOS EN FACEBOOK
[@HEALTHIMPROVEMENTALLIANCE](https://www.facebook.com/HealthImprovementAlliance)



HEALTHIER GREATER NEW HAVEN PARTNERSHIP

**Partnering To Build Healthier
Communities Since 2010**

Looking for Greater New Haven resources to help keep you healthy?

Scan the QR code to access the HIA Resource webpage for information on:

Food resources, such as free food distributions and food assistance.

Covid-19 information and where to get tested and vaccinated.

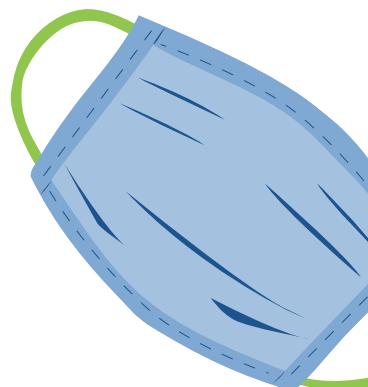
Healthy eating information like recipes, shopping tips and more!

Mental health, healthy living resources and much more!



Two ways to access

- 1) Open camera on smart phone and point directly at this code **OR**
 - 2) Go to HGNHP.org and click on Local Resources on right side of the main page
- Page is updated frequently**



WWW.HGNHP.ORG

HEALTHIER GREATER NEW HAVEN PARTNERSHIP

Colaborando para construir comunidades más saludables desde 2010

¿Busca recursos de Greater New Haven para mantenerse saludable?

Escanee el código QR para acceder a la página web de recursos de HIA para obtener información sobre:

Recursos alimentarios, como distribuciones gratuitas de alimentos y asistencia alimentaria.

Información de Covid-19 y dónde hacerse la prueba y vacunarse.

Información sobre alimentación saludable que incluye recetas, consejos de compras, y más.

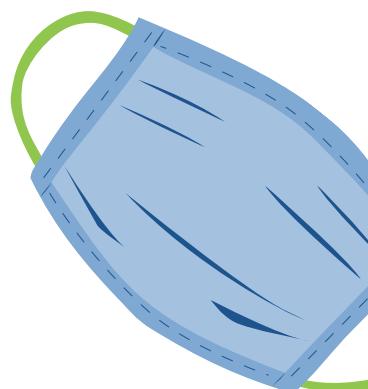
Recursos para la salud mental, estilo de vida saludable y mucho más.



Dos formas de acceder

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Esta página se actualiza con frecuencia



WWW.HGNHP.ORG

GREENWICH COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP

**Partnering To Build Healthier
Communities Since 2003**

Looking for Greenwich area resources
to help keep you healthy?

Scan the QR code to access the GCHIP
Resources webpage for information on:

Food resources such as free food
distributions

Covid-19 information and where to get
tested

Social services information, including
health insurance and energy assistance

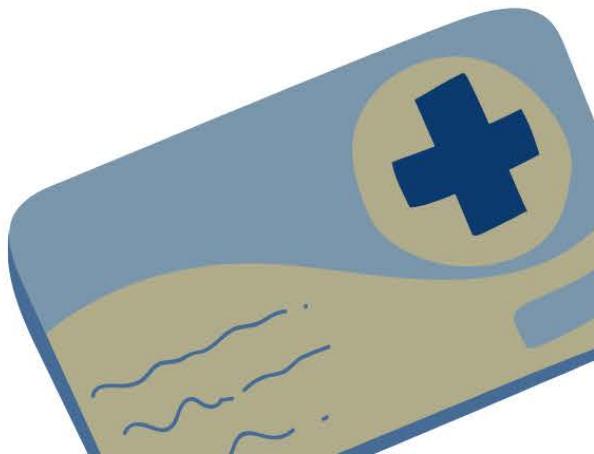
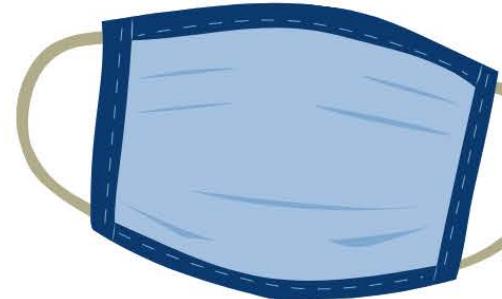
Behavioral health, healthy living
resources and much more!



Two ways to access

- 1) Open camera on smart phone and point directly at this code **OR**
- 2) Go to GCHIP.org and click on COVID-19 RESOURCES to the right of the main page.

Page is updated frequently



WWW.GCHIP.ORG

GCHIP

GREENWICH COMMUNITY HEALTH IMPROVEMENT PARTNERSHIP

Colaborando para construir comunidades más saludables desde 2003

Busca recursos de Greenwich para mantenerse saludable?

Escanee el código QR para acceder a la página web de recursos de HIA para obtener información sobre:

Recursos alimentarios, como distribuciones gratuitas de alimentos y asistencia alimentaria.

Información de Covid-19 y dónde hacerse la prueba y vacunarse.

Información sobre servicios sociales, incluidos seguros médicos y asistencia energética.

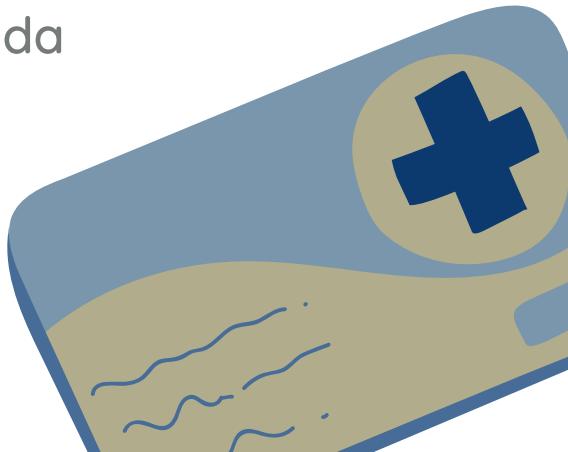
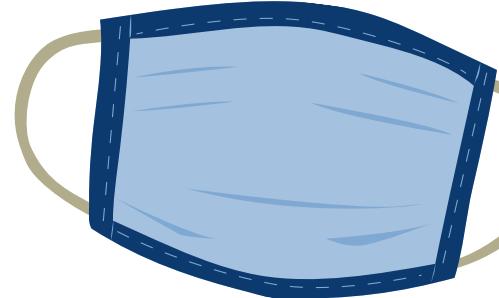
Recursos para la salud mental, estilo de vida saludable y mucho más.



Dos formas de acceder

- 1) Abra la cámara en su smartphone y apunte directamente a este código
- 2) Vaya a GCHIP.org y haga clic en "Covid-19 Resources" -- Seleccione "Spanish"

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