

WHAT YOU NEED TO KNOW ABOUT THE COVID-19 VACCINE

COVID-19 is a new virus, which leaves us with many questions about the consequences and health risks. Researchers and scientists have been given the task of better understanding the composition and manifestation of the virus to stop its expansion. Thanks to the findings of the clinical studies carried out, we increasingly know the effectiveness of the vaccines developed to prevent the contagion and spread of the virus. The Food and Drug Administration (FDA) approved these as additional protection to curb the pandemic.

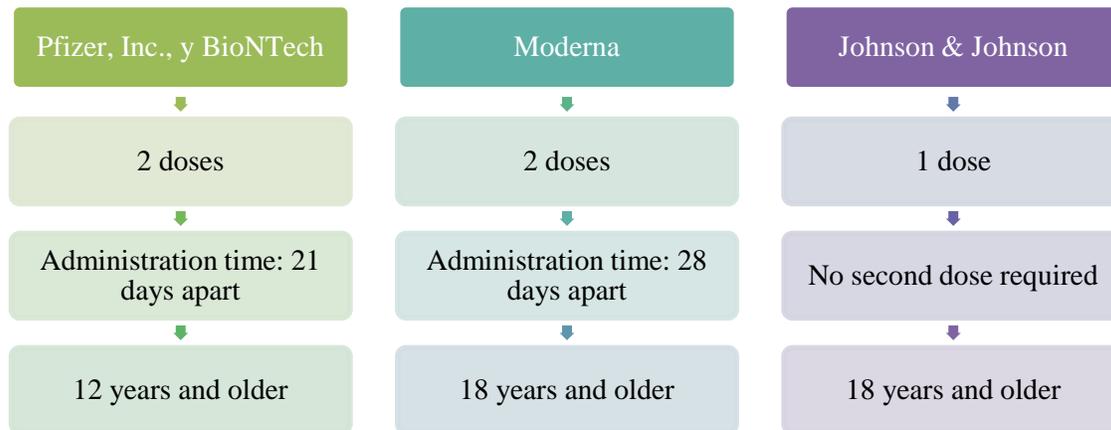


Vaccination benefits:

- ✓ Prevent the spread of the disease through the immunity acquired by vaccination.
- ✓ Protect those around you, especially those at risk of becoming seriously ill.
- ✓ Avoid complications.

What are the approved vaccines against COVID-19?

The pharmaceutical companies Pfizer, Moderna and Johnson & Johnson have developed three vaccines authorized and recommended by the FDA that meet the efficacy requirements and their administration is broken down as follows:



Who can get vaccinated?

Currently approved vaccines are recommended for the entire population of adults and youth 12 or 18 years of age and older, depending on the vaccine administered. However, people with a history of allergies to the components of this or another vaccine, should not be given it. Consult with your doctor or vaccination provider for more information on this and to validate if there are any contraindications for you.





When will I get the vaccine and what does it cost?

Vaccination of the population is carried out in phases. For now, you must wait and be aware of the official information to know when the vaccine will be available to you. The vaccine is free of cost.

What to expect after receiving the vaccine?

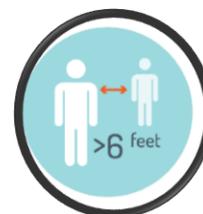
You could experience simple side effects from the vaccine, which should go away within a few days, and include:

In the arm where you received the vaccine:	In the rest of the body:
<ul style="list-style-type: none"> • Pain • swelling 	<ul style="list-style-type: none"> • Fever • Shaking chills • Fatigue • Headache

If you feel pain or discomfort, talk to your doctor about taking over-the-counter medications, such as acetaminophen.

Should I continue with the prevention measures after receiving the COVID-19 vaccine?

Yes. The health authorities have urged us to keep practicing prevention and safety measures, even after receiving the COVID-19 vaccine.



As experts learn more about the protection that vaccines provide against COVID-19, it is important that we all continue with the prevention measures available to help stop this pandemic. This will help protect you, your family, and the people around you.

Remember, at First Medical you will always be first!

Note: Information on the virus and COVID-19 vaccines is constantly under investigation, so the information provided may change. To receive updated information access: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

References: *Comunicado Proveedores de Vacuna COVID-19. Secretaria Auxiliar de Salud Familiar, Servicios Integrados y Promoción de la Salud, Programa de Vacunación. Departamento de Salud de Puerto Rico.* <http://www.salud.gov.pr>; CNN Español. Recovered from: <https://cnnespanol.cnn.com/2021/02/27/johnson-johnson-vacuna-fda-trax/>; Johnson & Johnson. Recovered from: <https://www.jnj.com/johnson-johnson-covid-19-vaccine-authorized-by-u-s-fda-for-emergency-usefirst-single-shot-vaccine-in-fight-against-global-pandemic>

Prepared by the Health Prevention and Education Unit. Revised May 2021. © First Medical Health Plan, Inc.