The COVID-19 vaccine is the best tool we have to help keep you and your loved ones safe, and help end the pandemic in Oregon.

**Here are some Frequently Asked Questions on COVID-19 vaccines and availability in Lane County:**

**What are the COVID-19 vaccines? How do they work? Are they safe?** The Moderna and Pfizer vaccines are mRNA vaccines. mRNA vaccines work by helping cells in the body build immunity to the virus that causes COVID-19. Johnson and Johnson is a new vaccine that works differently, and requires only one shot. All of these vaccines were widely tested for safety. There is no virus in the vaccine, and they carry no risk of causing disease in the vaccinated person. It is especially important for people with underlying health problems to get the vaccine to prevent serious illness from COVID-19. Vaccines help protect the person vaccinated, loved ones around that person, and people in the community.

**When can I get the vaccine?** Community Health Centers of Lane County patients ages 18 and over, are all eligible to get the vaccine now! The Pfizer vaccine may be available for patients ages 16 and over. Contact the CHCLC for more information.

**How do I receive the vaccine when available?** We are now offering the COVID-19 vaccine at the Community Health Centers of Lane County for all of our eligible patients. If you are eligible, one of our team members can help you get scheduled, or you can schedule on our website at [www.lanecounty.org/CHC](http://www.lanecounty.org/CHC). You can also visit our website to find links to make an appointment online at [www.lanecounty.org/vaxclinics](http://www.lanecounty.org/vaxclinics), or to learn more about current COVID-19 vaccine eligibility in Oregon.

**When should I get the second dose of the COVID-19 dose?** Most vaccines require two doses to promote a full immune response. Depending on the vaccine, between 21 and 42 days after the first dose. You will be told when to get your second vaccine at the time of the first vaccine.

**What should I expect when I get the vaccine? Can I take pain relievers?** According to the FDA, the most common side effects include pain, redness or swelling where you received the vaccine, fatigue, headache, chills, muscle pain and joint pain. The CDC recommends that you do not take a pain reliever like Tylenol or Ibuprofen before getting the vaccine, but you can take it afterwards if you have symptoms.

**Can I stop wearing a mask after the vaccine?** While the vaccine may prevent you from getting sick, it is not yet known whether you can carry and transmit the virus to others after vaccination. Until we learn more, it’s best to continue with safety measures like masking and physical distancing outside of people you live with, or small gatherings with other fully vaccinated people.

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**YOUR TEAM for better health**

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