

**BEATING
COVID IS GOING
TO TAKE A TEAM
EFFORT**



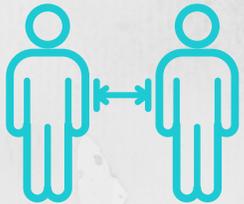
What can you do to help beat the virus?



Wear your mask



Wash your hands often



Stay 6 feet apart



Avoid Crowds



***When the vaccine is available it
is highly recommended that you
consider receiving the vaccine***



What you should know about the COVID-19 vaccines



There are recommended age groups for each vaccine. For the Pfizer-BioNTech you must be 16 years old or older and for the Moderna vaccine you must be 18 years old or older



You must receive two doses of the vaccine. For the Pfizer-BioNTech you must receive the second dose at 3 weeks and the Moderna second dose must be received a month after the first dose



You cannot contract COVID-19 from the vaccine



Is there a cost for the vaccine? The vaccine is free. Providers may charge an administration fee that will be billed to your insurance. It is important that when you have the opportunity to receive the vaccine that you take your current insurance information with you. If you are uninsured you can still receive the vaccine.



Are there any side effects related to the vaccine? The most current side effect is pain and/or soreness at the injection site. Other common side effects that have been reported include fever, fatigue, muscle aches, headache, that all resolve within a few days. If you have a significant reaction to the first dose you should consult a medical professional in your community.

Why is it important for you to consider receiving the vaccine when it is available?



The CDC considers people with disabilities at higher risk of severe illness from COVID-19 especially if there are any underlying health conditions (diabetes, a BMI between 30 and 40) .



People with intellectual disabilities have a 3X higher mortality rate due to COVID-19 compared to people without intellectual disabilities



People with Down Syndrome are 5X more likely to be hospitalized due to COVID-19 and 10X more likely to have a fatal event as it relates to COVID-19 compared to general population

Special Olympics Virginia is monitoring the vaccination process and will be sending out up to date information regarding receiving the vaccination as soon as that information is available