

## The COVID-19 Vaccine - Take One for the Team

By now, we know that vaccines are the most effective tool we have in preventing the spread of COVID-19. The data show that the more people who get vaccinated, the lower the rates of new and severe infections are. However, there are some in the community who are not yet able to get a vaccine, so it is more important than ever that those of us who can get vaccinated, do so!



### ***Why is it important to get vaccinated for COVID-19?***

The COVID-19 vaccine is an important tool to help end the pandemic. If you're fully vaccinated, you can safely resume many activities without having to wear a mask or stay six feet away from others—unless required by federal, state, or local laws including business and workplace guidance.

### ***What is the vaccination process like?***

The health department has appointments and walk-in vaccines available every week. You are seen by a nurse who can answer any questions or concerns you have. Once you check in, the appointment takes less than 20 minutes.

### ***What should I expect after I get the vaccine?***

It's normal to experience some mild discomfort following a vaccine. This means it's working and creating an immune response in your body. It's not possible to get COVID-19 from the vaccine, but you may feel some side effects like a fever or pain. These should go away in 1-3 days.

### ***Why should I go ahead and get vaccinated?***

Protecting yourself also protects the people around you, like those at increased risk of severe illness from COVID-19 or those who can't get vaccinated. This includes infants or people with weakened immune systems from things like chemotherapy. So don't hesitate, get vaccinated, and take one for the team!

***For more information:*** [BlueRidgeHD.org](http://BlueRidgeHD.org)

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