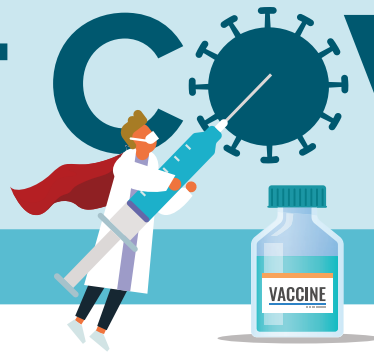


# COMBAT COVID



Phoebe takes our commitment to the health and wellness of our community very seriously. We are truly here to make every life we touch, better.

Part of that commitment includes providing up-to-date information regarding COVID-19 vaccines. That is one reason we are continually updating our FAQs, which can be found at [phoebhealth.com](https://phoebhealth.com).

The Centers for Disease Control and Prevention (CDC) recently released the below additional information for **second dose recipients**.

## Key points to know about the second dose:

- **Receiving the second dose of the vaccine is essential.**

The second dose of the vaccine – both Pfizer and Moderna – provides the highest vaccine effectiveness. Pfizer provides 95%, while Moderna is 94%. Data is limited regarding effectiveness of vaccine if only one dose is received.

- **Mild symptoms may occur.** Most post-vaccination symptoms are mild to moderate and occur within the first three days of vaccination. These symptoms are more frequent following the second dose.

- **Common Side Effects & Suggested Remedies:**

**Pain/Swelling at Injection Site** - Apply a clean, cool, wet washcloth over the area; mobilize your arm

**Fever/Chills/Tiredness/Headache** - drink plenty of fluids; dress lightly. Acetaminophen or non-steroid anti-inflammatory medication may be taken to treat symptoms.

Contact your doctor or healthcare provider if redness or tenderness at injection site increases after 24 hours or if you are worried about your side effects.

- **Over-the-counter medications.** It is not recommended to take over-the-counter Acetaminophen or non-steroid anti-inflammatory medication prior to receiving the vaccine. However, they may be taken for treatment of post-vaccination symptoms, if medically appropriate.
- **Download V-Safe.** This voluntary smartphone-based tool uses text messaging and web surveys to provide near real-time health check-ins after patients receive COVID-19 vaccinations.
- **Follow the 3 Ws.** Continue to wash your hands frequently, watch your distance, and wear your mask.

*Thank you for being a part of our journey to a healthier community and combatting COVID-19.*

