

We've got you covered



4 things to know about getting the COVID-19 vaccine

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1 The vaccine is free.



2 Anyone 16 and older who lives, works, or studies in Massachusetts is eligible to get a vaccine.



3 You can get the vaccine if you are undocumented. Getting a vaccine will not impact you or your family's immigration status.



4 To schedule a vaccine appointment, visit mass.gov/covid-19-vaccine, glfhc.org, or go to lawrencegeneral.org.

Dear member,

I am writing to let you know that all our members age 16 and over are now eligible to get the COVID-19 vaccine.

The vaccine is covered at **no cost to you**. As a doctor, I am confident that the vaccines are safe and effective. I have had my COVID-19 vaccine, and I'm excited that you can get yours soon for your health, the health of your family, and our health as a community.

If you have not yet been vaccinated, I encourage you to get it. Let's all create a safe and healthy future together.

Sincerely,



Christine Rooney M.D.
Chief Medical Officer, My Care Family



Are there vaccine side effects?

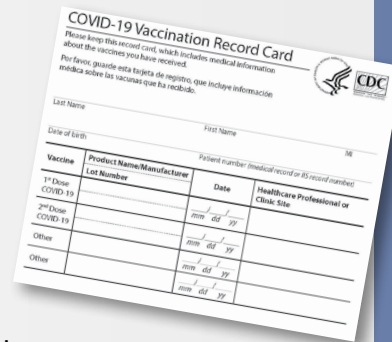
Some people may have side effects after being vaccinated, but they should go away in a few days. They are normal signs that your body is building protection.

The most common side effects are minor and include tiredness, headache, pain at the injection site, muscle and/or joint pain, chills, nausea and/or vomiting, and fever.

My Care Family is administered by AllWays Health Partners. AllWays Health Partners includes AllWays Health Partners, Inc., and AllWays Health Partners Insurance Company.

How do we know the vaccine is safe and effective?

- The vaccines were authorized by the Federal Food and Drug Administration only after they were shown to be safe and effective in studies.
- Since the vaccines were approved, millions of people of different races and ethnicities have been vaccinated, and most have had only mild side effects and those side effects subsided.
- Vaccine developers used existing research and information on coronavirus, a family of viruses known and studied for a long time.
- We encourage you to visit www.cdc.gov or mass.gov/covid-19-vaccine to get the most up-to-date information about the COVID-19 vaccine.



Myths vs. Facts:

Know what is true and what is false about the vaccine

MYTH

I can get COVID-19 from the vaccine.



I don't need to get the vaccine if I already had COVID-19.



The vaccine isn't safe for people who are trying to become pregnant.



It's okay to stop wearing masks and social distancing after I get the vaccine.



A COVID-19 vaccine will change my DNA.



FACT

There is no live virus in any of the approved COVID-19 vaccines. The vaccine cannot make you sick with COVID-19.

Public health experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. You should be vaccinated if you already had COVID-19 and have recovered.

There is no evidence that COVID-19 vaccine affects fertility or poses a risk to a person trying to become pregnant in the short or long term. Please talk to your doctor if you have questions about the vaccine and pregnancy.

You should still take preventive measures, such as wearing a mask, practicing social distancing, and washing your hands, after receiving the COVID-19 vaccine.

The COVID-19 vaccine cannot change or interact with your DNA in any way.

Source: Centers for Disease Control and Prevention and mass.gov/covid-19-vaccine - March 2021

Learn where to go and how to schedule a vaccine appointment

On April 19, all people age 16 and over became eligible for the vaccine. There are many places to get the vaccine, including mass vaccination sites, pharmacies, and other locations in your community. For example, you can schedule a vaccine appointment through the Greater Lawrence Family Health Center at **(978) 686-0090** and online at glfhc.org; or through Lawrence General Hospital at **(833) 469-0764** and online at lawrencegeneral.org. City of Lawrence residents also may call **(978) 620-3330** or online at cityoflawrence.com.

