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## COVID-19 VACCINE – FREQUENTLY ASKED QUESTIONS

### **What vaccines are available?**

The U.S. currently has two vaccines (Pfizer-BioNTech and Moderna) which use the same approach to generating antibodies/immunity to the virus (a small piece of RNA that makes your cells make the COVID-19 spike protein).

### **How effective are vaccines?**

Both vaccines have about 95 percent effectiveness at reducing illness from COVID-19.

### **What are the known side effects of the vaccines?**

Side effects have been limited to short-term feelings of achiness, headache, fatigue, pain at the injection site, chills and/or fever. Most symptoms are mild, rarely last more than a few days, and are treatable with acetaminophen (Tylenol), naproxen (Aleve) or ibuprofen (Motrin) and rest. There is a remote chance that the vaccine could cause a severe but treatable allergic reaction, which will usually occur within a few minutes to one hour after getting a dose of the COVID-19 vaccine.

### **What are the short-term effects of not being vaccinated?**

More than 400,000 Americans have died of the COVID-19 infection. Hospitals across the country are near capacity, limiting the ability to care for all other medical conditions. The short-term effect of not being vaccinated is more death and suffering. The long-term effects of COVID-19 are still being analyzed. A small number of survivors report heart, lung and kidney problems as well as fatigue, depression and difficulties concentrating.

### **Can I stop wearing a mask in public?**

Before we can throw away our masks and hold big gatherings again, our community will need two things: widespread immunity (“herd immunity”) from high uptake of COVID-19 vaccines and low numbers of COVID-19 infection. Both of these conditions will take time.

### **Vaccine Eligibility and Registration Information**

Vaccine eligibility is expanding. To find the current vaccine eligibility as defined by the Indiana Department of Health, please visit [ourshot.in.gov](https://ourshot.in.gov). You may also call **2-1-1** and they will schedule your vaccine appointment directly at your nearest location.

**Data and responses provided by the experts at Eskenazi Health. For additional information about how to protect yourself and others from COVID-19, please visit the CDC’s website at [www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). If you have additional questions, please contact your primary care provider or [Eskenazi Health Connections at 317.880.7666](#).**

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## DELIVERY REMINDERS

### Food Handling & Storage

**Hot meals** should be eaten within two hours of delivery if possible. If the meal is not going to be eaten in that time frame, the meal can be refrigerated and reheated.

**Cold foods** should also be eaten within two hours or refrigerated to eat at a later time. As a rule, refrigerated meals should be eaten within three days.

### Cooler Policy

If you will not be home during meal delivery hours, you may leave a clean cooler **WITH ICE** outside your door for volunteers to leave your meals in (otherwise they will be hung on your door handle in a plastic bag).

Tip: If you do not have an ice maker, consider filling a few used water bottles with water and freeze them to make ice packs for your cooler.

### Pet Policy

Pets **MUST BE CONFINED** and **AWAY FROM THE DOOR** that your volunteer uses to deliver your meals between 11 AM – 2 PM. The safety of our volunteers is paramount. If your pet is not restrained, your service may be discontinued. Please call us at 317-252-5558 if you have questions regarding this policy.

## ENSURE

Meals on Wheels offers cases of Ensure delivered to our clients at a reduced rate. Ensure can benefit patients who are at nutritional risk. We are offering three types: **Ensure (\$21/case)**, **Ensure Plus (\$24/case)** and **Glucerna Shakes (\$36/case)**.

The flavors we have are: Strawberry, Vanilla, Chocolate and Butter Pecan.

Call Meals on Wheels at 317.252.5558 with questions.

## EMERGENCY CONTACT

It is important that we keep our clients' emergency contact information up-to-date. This emergency contact person needs to be available between 9 AM and 5 PM weekdays.

If there has been a change in your emergency contact's phone number, please call the Meals on Wheels office at 317.252.5558 to update your records. **Thank you!**