



Maryland Developmental
Disabilities Council
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COVID-19 VACCINES *They save lives!*



WHAT IS COVID-19?

COVID-19 is a disease. It is also called coronavirus. COVID-19 spreads from person to person. Most people who get COVID-19 get a little sick and get better at home. But other people get very sick. Some people even continue to have health problems after they no longer have COVID-19. People can end up in the hospital and even die from COVID-19. That is why it is very important to get the COVID-19 vaccine (shot).

WHAT IS A VACCINE?

A vaccine is medicine that comes in a shot. Vaccines have been used to fight diseases for a long time. Most of us have had different vaccines. They have kept us from getting sick from diseases like measles and chickenpox. And many of us get a flu shot each year.



WHAT ARE THE COVID-19 VACCINES?

There are 4 different COVID-19 vaccines in the U.S. They are made by companies called Pfizer, Moderna, Novavax, and Johnson & Johnson. They all work very well and are free. People who get the shots are much less likely to get COVID-19. If they get COVID-19, the shots keep them from getting very sick, needing hospital care, and dying.

With Pfizer, Moderna, and Novavax you get 2 shots. You must get both shots for the vaccine to work. People should also get COVID-19 “booster” shots. A booster shot is an extra shot that keeps your body strong against COVID-19. See the *Booster Shots fact sheet* for more information.

ARE COVID-19 VACCINES SAFE?

Yes! They were tested on tens of thousands of people. They had to meet strong safety rules. Millions of people have received COVID-19 shots. After getting the shot, some people have a sore arm or feel like they have the flu. This usually only lasts a few days. Serious side effects are very unlikely. The benefits of COVID-19 shots are much greater than the risks.



WHY SHOULD I GET THE COVID-19 VACCINE?

It is a safe way to protect yourself and others from COVID-19. COVID-19 vaccines save lives.

WHO CAN GET THE VACCINE IN MARYLAND?

Anyone who is 6 months or older can get a COVID-19 vaccination. Children can get the shots made by Pfizer or Moderna.



WHERE CAN I GET A VACCINE IN MARYLAND?

You can get COVID-19 shots at pharmacies, doctor's offices, urgent care clinics, and local health departments all over Maryland.

To find where you can get COVID-19 shots near you, go to: covidvax.maryland.gov.

WHAT IF I NEED HELP GETTING TO A PLACE WHERE COVID-19 SHOTS ARE GIVEN?

Call-855-MD-GoVAX (855-634-6829), or someone can call for you. The GoVAX Support Center will help figure out what support is available.

This project was supported, in part by grant number CFDA 93.630, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



TO GET HELP AND MORE INFORMATION

HELP GETTING A VACCINE:

Call the GoVax support center, or have someone call for you: **855-MD-GoVAX (855-634-6829)**

MORE INFORMATION:


Use the QR code below

(point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

<https://covidlink.maryland.gov/content/vaccine/>



THE LATEST NEWS:

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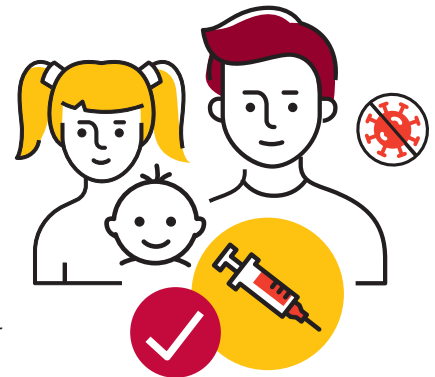
COVID-19 VACCINES FOR CHILDREN & TEENS

CAN CHILDREN & TEENS GET COVID-19 SHOTS?

Yes. People 6 months and older can get COVID-19 vaccines (shots) made by Pfizer or Moderna.

ARE THE SAME SHOTS GIVEN TO ADULTS?

Yes, but children get a smaller dosage (amount of medicine) than teens and adults. The number of shots you get depends on your age and the whether you choose Pfizer or Moderna. The links on the next page have more information.



ARE COVID-19 SHOTS SAFE FOR CHILDREN & TEENS ?

Yes! They met strong safety rules and were tested on thousands of children and teens. The tests showed the shots are safe and help protect them from COVID-19.

SHOULD I GET MY CHILD THE COVID-19 SHOTS?

Yes, unless your child's doctor says they should not get COVID-19 shots. Children and teens who have not had their shots can get very sick, need hospital care, and even die from COVID-19. They can also easily spread COVID-19 to others, even if you do not know they have the disease.

Over 13 million children in the United States have gotten COVID-19:

- Tens of thousands of them have been hospitalized.
- Almost half have ongoing problems that may last for weeks, months, or longer. There are about 100 types of ongoing health problems related to COVID-19 in children.
- Hundreds of children have died from COVID-19.



The shots are a safe way to protect your child, your family, and others from COVID-19. So, get them as soon as possible!

ARE THERE SIDE EFFECTS?

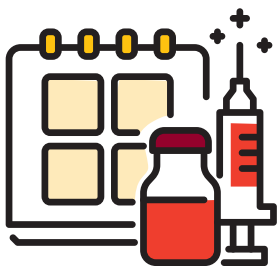
Children and teens may have some side effects from the shots. It is a normal sign that their body is building protection against COVID-19. **Some children may not experience any side effects at all.**

Side effects are usually mild and do not last long. Your child might have some pain, redness, and swelling where they got the shot. They might also feel tired, have headaches, muscle and joint pain, mild fever, and chills.

The benefits of COVID-19 shots are much greater than the risks.

IS IT OKAY TO GET A COVID-19 SHOT AT THE SAME TIME AS OTHER SHOTS?

Yes. Getting COVID-19 shots at the same time as other shots is safe. This includes the flu shot.



WHERE CAN I GET COVID-19 SHOTS IN MARYLAND?

You can get COVID-19 shots at pharmacies, doctor's offices, urgent care clinics, clinics in schools, and local

health departments all over Maryland.

To find where you can get COVID-19 shots near you, go to: covidvax.maryland.gov.

ARE COVID-19 SHOTS REQUIRED FOR SCHOOL?

No. Children do not have to have COVID-19 shots to go to school.

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TO GET HELP AND MORE INFORMATION

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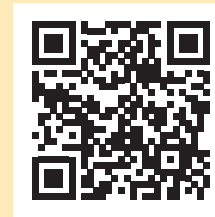
Call the GoVax support center, or have someone call for you: **855-MD-GoVAX (855-634-6829)**

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT FOR YOUR CHILD'S COVID-19 SHOTS:


Use the QR code below

(point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

<https://covidlink.maryland.gov/>



THE LATEST NEWS:

 Follow @GoVAXMaryland on Twitter.

Sign up for e-newsletters using the QR code below

(point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

<https://covidlink.maryland.gov/content/vaccine/govax/>





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COVID-19 Shots for People Who Can't Leave Home

WHAT DO I DO IF I CANNOT LEAVE MY HOME?

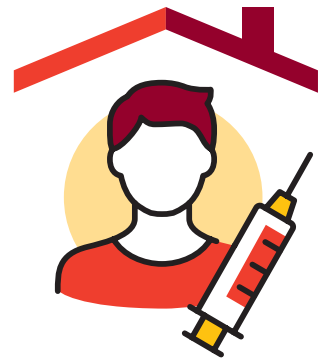
No worries – you can get your COVID-19 shots at home!

The Maryland Department of Health's COVID-19 Vaccine Support Center is ready to help. It's called **GoVax**.

HOW DOES IT WORK?

Call-855-MD-GoVAX (855-634-6829), or someone can call for you.

GoVAX will get information from you. Then, someone will follow-up to work out a plan for you to get your COVID-19 shots at home.



WHEN CAN I CALL THE COVID-19 SUPPORT CENTER?

The GoVAX Support Center is open every day of the week. You can call anytime between 8 a.m. and 8 p.m.



TO GET HELP AND MORE INFORMATION

HELP AND MORE INFORMATION:

📞 Call: 855-MD-GoVAX (855-634-6829)



← Use this QR code (point your phone's camera at the code square and follow the instructions on your screen).

Or visit this website:

<https://covidlink.maryland.gov/content/vaccine/>

THE LATEST NEWS:



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BOOSTER SHOTS *Stay strong against COVID-19*

WHAT IS A COVID-19 BOOSTER SHOT?

A booster shot is an extra shot that keeps your body strong against COVID-19. The booster shot gives you more medicine that helps protect you. You get a booster shot months after you get your regular COVID-19 shots. Some people can get a second booster shot. There might be more booster shots added if COVID-19 remains a problem. *Keep reading for details.*

WHY SHOULD I GET BOOSTER SHOTS?

There is less chance you will get very sick or need to go to the hospital from COVID-19 if you get all of the booster shots that are recommended.



WHO CAN GET A FIRST BOOSTER SHOT?

All Marylanders 5 years and older should get a COVID-19 booster shot.



WHEN CAN I GET A FIRST BOOSTER SHOT?

You can get a first booster shot if you are:

- 5 years or older and got a second Pfizer COVID-19 shot at least 5 months ago.
- 18 years or older and got a second Moderna COVID-19 shot at least 5 months ago.
- 18 years or older and got the Johnson & Johnson COVID-19 shot at least 2 months ago.

When you can get a booster may be different if you are “immunocompromised.” Immunocompromised means you have had an organ transplant or have a condition that makes it hard for your body to fight disease. *Use the links on the next page to get more information.*

WHO CAN GET A SECOND BOOSTER SHOT?

You can get a second booster shot if you are:

- 12 years or older and immunocompromised,
- 18 or older and your regular COVID-19 shot and first booster shot were from Johnson & Johnson, or
- 50 years or older.

WHEN CAN I GET A SECOND BOOSTER?

Four months or longer after you got your first COVID-19 booster shot.

Who can get booster shots and when you can get them may change.

Use the links below to get the latest information.



WHAT BOOSTER SHOT DO I GET?

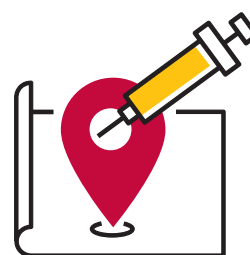
The three companies that make the regular COVID-19 shots also make the booster shots.

Most people can choose between the Pfizer and Moderna boosters. Some people can get the Johnson & Johnson booster. The shots you can choose from depends on your age and health conditions. When you sign up to get a booster, you will learn about your options.

WHERE CAN I GET A BOOSTER SHOT?

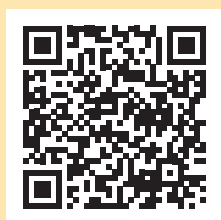
To find where you can get a COVID-19 booster shot near you:

- Go to covidvax.maryland.gov.
- Call the GoVax support center, or have someone call for you: 855-MD-GoVAX (855-634-6829).



TO GET HELP AND MORE INFORMATION ON BOOSTER SHOTS

📞 Call: 855-MD-GoVAX (855-634-6829)



← Use this QR code (point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

<https://covidlink.maryland.gov/content/vaccine/booster-shots/>



← Use this QR code (point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

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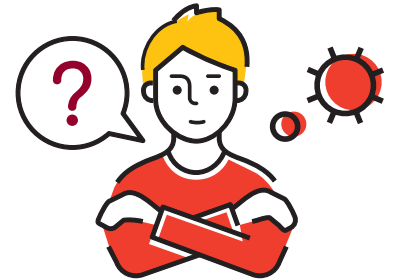
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COVID-19 TESTING *Keep Yourself and Others Safe!*

WHY IS COVID-19 TESTING IMPORTANT?

Testing helps control the spread of COVID-19. Taking a test is how you find out if you have COVID-19. You need to know if you have COVID-19 so you can take care of yourself and avoid giving it to other people.



WHO SHOULD GET A COVID-19 TEST?

You should get tested if:

- **You have COVID-19 symptoms.** This is true even if you have already gotten your COVID-19 shots and boosters. Symptoms are the signs that you might have an illness or disease. Some signs of COVID-19 are fever, cough, and a hard time breathing. All of the symptoms are listed on this website: <https://covidlink.maryland.gov/content/faqs/#faq1>
- **You were near someone who has COVID-19.** This means you were 6 feet or closer to them for 5 minutes or more.
- **You have not gotten your COVID-19 shots and have participated in activities where you were close to other people.** Examples are traveling and being in large groups of people indoors.

Ask your doctor if you do not know if you should get tested.

WHAT CHOICES DO I HAVE FOR TESTING?

There are two kinds of tests for COVID-19. They take very little time. Usually, it involves briefly putting a swab (q-tip) into your nose. Most people say this is a little uncomfortable.

Some testing locations are part of the *Test to Treat* program. If you test positive for COVID-19 at one of these locations, and treatments are right for you – you get medication or a referral for treatment somewhere else. You do not pay for the medicine. There are more than 80 *Test to Treat* locations in Maryland.

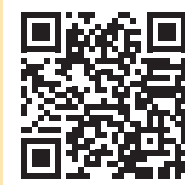
Rapid Tests: you can take a rapid test at home or at a testing location. You get the results in about 15 minutes.

Laboratory Tests: you go to a testing location and they give you the test. This is called a “PCR test.” This test can be more accurate than a rapid test. They send the swab to a lab to be tested and you usually get your results in a couple days. See *the link in the box for information about finding testing locations.*

HOW CAN I GET TESTED FOR COVID-19?

FIND A TEST NEAR YOU

There are places all over Maryland to get a COVID-19 test. That means there are places near you! To find a place to get tested use this QR code



(point your phone’s camera at the code square and follow the instructions on your screen) or visit this website: <https://covidtest.maryland.gov>



DO I HAVE TO PAY FOR A COVID-19 TEST?

Sometimes you can get the tests you take at home for free from the federal government. They mail them to you. You can also get these tests at pharmacies and some stores without a prescription. They usually cost \$20 or more for two tests. Check with your health insurance to see if they will cover the cost.

Usually, you do not have to pay for a COVID-19 test at a testing location. Check with the place you want to get the test to see if there is a charge. If there is a charge, contact your health insurance company to see if they will pay. If you have Maryland Medicaid, it will pay for the test.

WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

If your test is positive, it means you have COVID-19. You should:

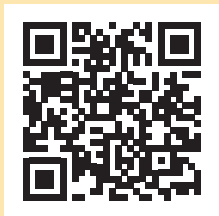
- Tell your doctor and stay in contact with them while you are sick.
- Stay home and away from other people for at least 5 days. Stay home longer if you still feel sick or if you have a condition that makes it hard for your body to fight disease. Check with your doctor if you are not sure how long to stay home.
- Wear a mask for 10 days when you are around other people at home or in the community.
- Tell people you were in close contact with. They may have gotten COVID-19 by being around you. They need to know so they can take important steps, like getting tested and staying away from other people.



TO GET HELP AND MORE INFORMATION

HELP AND MORE INFORMATION:

📞 Call: 855-MD-GoVAX (855-634-6829)



← Use this QR code (point your phone's camera at the code square and follow the instructions on your screen).

Or visit this website:

covidlink.maryland.gov/content/testing/

THE LATEST NEWS:



← Use this QR code to sign up for e-newsletters (point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

covidlink.maryland.gov/content/vaccine/govax/

🐦 Follow @GoVAXMaryland on Twitter.

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Health conditions that put people at **HIGH RISK**

WHAT DOES HIGH RISK MEAN?

Being high risk means you have a higher chance than other people of getting very sick, going to the hospital, and even dying if you get COVID-19.



WHO IS A HIGH RISK FOR GETTING COVID-19?

Older adults are more likely to get very sick from COVID-19. **Older adults who have not had their COVID-19 shots** are more likely to be hospitalized or die from COVID-19.

People of any age with these medical conditions are more likely to get very sick from COVID-19:

- Asthma
- Cancer
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Lung Diseases
- Dementia or other neurological conditions
- Diabetes
- Down Syndrome
- Heart Conditions
- Mood Disorders
- Organ or Blood Stem Cell Transplant
- Overweight or Obese
- Pregnant
- Sickle Cell Disease
- Smokers – smoking now or in the past
- Stroke or cerebrovascular disease
- Substance Use Disorder (like alcohol, opioid, or cocaine)
- Tuberculosis
- Weakened Immune System

WHAT CAN I DO IF I AM NOT SURE I AM HIGH RISK?

Ask your doctor if you have other serious health conditions or are not sure if you are high risk.

WHAT SHOULD I DO IF I AM HIGH RISK?

It is very important for everyone to get their COVID-19 shots. It is even more important that you get your shots if you are high risk. This includes getting booster shots, if you are eligible. It is also very important that you **contact your doctor right away if:**

- You get COVID-19.
- You were around someone who has COVID-19.

Your doctor can tell you what to do to keep yourself as healthy and safe as possible.



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COVID-19 TREATMENTS

ARE THERE TREATMENTS FOR COVID-19?

Yes! If you test positive for COVID-19, you may be eligible for treatments. They are free. Don't wait if you test positive for COVID-19! Treatments only work if you start them within days after you first have symptoms.

WHAT ARE THE TREATMENTS?

There are several medications to treat COVID-19. They have all been tested to make sure they are safe. If you test positive for COVID-19, call your doctor as soon as possible to find out if there is a treatment that is right for you. You need a doctor's referral or prescription to get COVID-19 treatments.

These treatments do not cure COVID-19, but they can make symptoms less severe. That means they keep you from getting very sick from COVID-19 and needing to go to the hospital.



WHO CAN GET COVID-19 TREATMENTS?

Treatments are for people who are at risk of having a very bad (severe) case of COVID-19. People are at high risk if they have conditions that make them more likely to be hospitalized, need intensive care, need a ventilator to help them breathe, or die.

You are at higher risk of having a severe case of COVID-19 if you:

- Are 65 or older
- Have not yet gotten COVID-19 shots
- Are "immunocompromised." Immunocompromised means you have had an organ transplant or have a condition that makes it hard for your body to fight disease.
- Have a medical condition like:
 - Cancer
 - Chronic kidney, liver, lung, disease
 - Cystic fibrosis
 - Dementia or other neurological conditions
 - Diabetes
 - Cognitive disabilities
 - Heart conditions
 - HIV
 - Mental health disorders
 - Obesity
 - Pregnancy
 - Have some other medical conditions.



WHAT ARE THE COVID-19 TREATMENTS?

There are several different kinds of treatments.

More will probably be developed.

The treatments are different in these ways:

- Who is eligible to get them,
- When you get them, and
- How the medicine is given (pill or shot).

Talk with your doctor about this.

More information about each treatment is also on the website linked in the box below.



LEARN MORE ABOUT COVID-19 TREATMENTS

← **Use this QR code** (point your phone's camera at the code square and follow the instructions on your screen), or visit this website:

<https://covidlink.maryland.gov/content/testing/treatment-options/>

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TREATING COVID-19: *Monoclonal Antibody Treatment*

WHAT IS MONOCLONAL ANTIBODY TREATMENT?

It is one of the treatments for COVID-19. When you are sick, your body makes “antibodies” to fight the illness. Monoclonal antibodies are antibodies that are made in a lab. They are given to people through a needle. The antibodies made in the lab work just like antibodies your body makes. They are the extra help your body needs to fight COVID-19. **If you test positive for COVID-19, ask your doctor right away if monoclonal antibody treatment is for you.**

See the *COVID-19 Treatments fact sheet* for information about other treatments.



IS MONOCLONAL ANTIBODY TREATMENT A CURE FOR COVID-19?

No, it is not a cure for COVID-19. But it is an important treatment for people who get sick with COVID-19. It can keep you from getting very sick from COVID-19 and help keep you out of the hospital.

DO I GET MONOCLONAL ANTIBODY TREATMENT INSTEAD OF COVID-19 SHOTS?

No! This treatment is not in place of COVID-19 shots. It is very important to get your shots to protect yourself from COVID-19.

DOES MONOCLONAL ANTIBODY TREATMENT WORK?

Medical studies have taught us that **fewer people get very sick from COVID-19 because of monoclonal antibody treatment.** And fewer people go to emergency rooms or are admitted to hospitals.

ARE THERE SIDE EFFECTS FROM MONOCLONAL ANTIBODY TREATMENT?

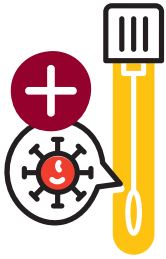
Discuss this with your doctor. The most common side effects are nausea and vomiting. Other side effects may be: diarrhea, dizziness, headache, itchiness, high blood sugar, pneumonia, and allergic reaction. You may also have brief pain, bleeding, bruising, soreness, swelling, and infection where you get the needle.

HOW CAN I GET MONOCLONAL ANTIBODY TREATMENT?

Your doctor can tell you if monoclonal antibody treatment is right for you and send you for treatment. Talk to your doctor right away if:

- You test positive for COVID-19, or
- You learn that you have been around someone that has COVID-19.

WHO CAN GET MONOCLONAL ANTIBODY TREATMENT?



If you **HAVE** tested positive for COVID-19 –

Monoclonal antibody treatment can be used with people 12 and older who:

- **Tested positive for COVID-19.** A positive test means you have COVID-19. This includes people who have had their COVID-19 shots,
- **Have mild to moderate symptoms (signs) of COVID-19 for 10 days or less,**
- **Do not need to be hospitalized for COVID-19 treatment, AND**
- **Are in a “high-risk” group.** Being high risk means that if you get COVID-19, you could get very sick, end up in the hospital, or even die. If you are not sure if you are high risk, ask your doctor.

You are at high risk if:

- You are 65 years old or older. You do not need to have any other health problems.
- You are age 55 to 64 AND have: cardiovascular disease, hypertension, chronic obstructive pulmonary disease (COPD), or another ongoing respiratory disease.
- You are 12-17 years old AND have: neurodevelopmental disorders, obesity, heart disease, sickle cell disease, asthma, or another chronic respiratory disease.
- You are 12-17 years old and depend on technology for a medical condition. Some examples of technology are feeding tubes, catheters, and tracheostomies.
- You are any age and have diabetes, obesity, kidney disease, or another serious ongoing conditions.
- You are pregnant.
- Your doctor says there is a high risk you will get sicker or be admitted to the hospital if you do not get treatment.

If you **HAVE NOT** tested positive for COVID-19 –

You may be able to get monoclonal antibody treatment to prevent COVID-19 if:

- **You have been around someone in the past 4 days who has COVID-19,**
- **You have a serious medical condition, AND**
- **At least one of these things is true:**
 - You are not fully vaccinated. This means you haven’t gotten all of your regular COVID-19 shots.
 - You are fully vaccinated, but your doctor does not think your body will do a good job fighting COVID-19.
 - You live with a lot of other people. Examples are nursing homes, psychiatric hospitals, and state residential centers (Holly and Potomac Centers).





WHAT IF I DO NOT HAVE A DOCTOR?

If you do not have a doctor or would like to refer yourself for treatment, you can:

- Call FirstCall Medical Center at 443-459-1095.
Open Monday-Friday from 8 a.m.-5 p.m.
- Call the monoclonal antibody call center at 410-649-6122. *Open Monday-Friday from 8 a.m.-5 p.m.*
- Set up a video call with a doctor here:
www.medstarhealth.org/services/telehealth/evisit,
or
- Fill out the form at this website link and someone will contact you: tinyurl.com/yc367h9t.

They will tell you where to go for treatment if it is right for you. Dozens of places provide monoclonal antibody treatment in Maryland.

DO I HAVE TO PAY FOR MONOCLONAL ANTIBODY TREATMENT?

You do not have to pay for the medicine.

But there may be fees for giving you the treatment. Your insurance may pay these fees. Check with your insurance company.



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TO GET HELP AND MORE INFORMATION

TO GET HELP:

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FOR MORE INFORMATION ABOUT MONOCLONAL ANTIBODY TREATMENT:

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