

Preparing for Second COVID-19 Dose – What You Need to Know...

The first wave of COVID-19 vaccines was a success across our senior living campuses. Thank you for getting vaccinated and for your patience and support as we coordinate the many logistics that go into vaccine deployment. As we prepare for the next vaccine clinic to administer your second dose, here are a few reminders and commonly asked questions about the vaccine. If you have questions, reach out to your Life Care Manager or the Lifesprk team on campus for guidance.

QUICK REMINDERS:

- **You must fill out a consent form for each vaccine given**, even if you already filled one out for your first dose. If you need additional paperwork, please email covid19@lifesprk.com and we will email you the form along with the Moderna vaccine fact sheet or reach out to your campus team/Lifesprk staff on campus for a copy.
- **The consent form MUST be given to your nurse or Lifesprk team on campus prior to vaccination.** For documentation, copies of this form will be given to you, your campus administration, and CVS for documentation.
- **Please continue proper infection control.** Even though you have received your first dose of the COVID-19 vaccine, you must continue to wear masks and wash your hands. We will continue to follow these processes until Minnesota Department of Health and the Centers for Disease Control (CDC) updates us on new procedures.
- **Bring your vaccine card** with you so we can update it with the second dose information. This is the card you were given at the first vaccine clinic for COVID-19.

COMMONLY ASKED QUESTIONS:

Q: Do I need to get a second dose?

A: Yes, the second dose of the vaccine boosts your immune system so that it will recognize the COVID virus and fight it. The side effects that you notice are related to your sparked immune system. Each person's immune system reacts differently. If you had COVID-19 or were exposed, your side effects may be different than a person who wasn't exposed or who has had COVID-19. Research so far has demonstrated that the initial dose of vaccine only provides about 50-60% protection against getting the virus. The addition of the second dose provides you with >95% protection. That's a big difference. The side effects may be unpleasant, but they last only a day or so. If you get COVID-19, you can become very ill or even require hospitalization.

Q: Does this vaccine prevent the new strain of COVID that has been presented just recently?

A: Yes, it does which is good news. As potential new strains emerge, we will continue to update you on whether the current available vaccines cover them, too. We continue to be updated by the CDC and MDH daily as new research and information is available.

Q: If you have the vaccine, what are you passing along? Why would you be contagious?

A: Because COVID is still relatively new there is still so much that is unknown and not enough research that defines transmission and how the virus can or can't be transmitted once you are vaccinated. It's possible that you may contract COVID-19 in the early days of vaccination as your body builds immunity and therefore transmit the virus. We will learn a significant amount this year as the vaccines get underway.

The CDC has published additional information on the Moderna vaccine and potential side effects.

- **CDC web site:** [What to Expect after Getting a COVID-19 Vaccine](#)
- **Moderna web site:** [Information about the Moderna COVID-19 Vaccine](#)