COVID-19 Vaccine – FAQs

Capital Caring Health

Should I receive the coronavirus disease-2019 (COVID-19) vaccine?

- YES, older adults are at higher risk of becoming seriously ill or dying from COVID-19. We recommend that our patients receive the two-vaccine series. If you have experienced a serious reaction to a vaccine in the past, or have any other concern, please speak with your primary medical provider.

Can I catch COVID-19 from the vaccine?

- NO, you CANNOT catch COVID-19 from receiving the vaccine.

There is more than one COVID-19 vaccine. Which one should I get?

- EITHER ONE. The vaccines available are by Moderna and Pfizer. They are both highly effective (about 95 percent protection after the two doses).

Do I have to get both doses of the vaccine?

- YES, in order to have full protection you must complete the two-vaccine series, 3 or 4 weeks apart, depending on which vaccine you receive.

What are potential side effects of the vaccine?

- The most common side effects include pain, swelling, or redness at the injection site. Other side effects may include fatigue, headache, muscle aches, chills, nausea, vomiting, and fever. These are somewhat more common after the second vaccine dose.

- In most cases, side effects resolve in 24 hours or less.

- Very rare severe allergic reactions have occurred. Signs of a such reactions include difficulty breathing, swelling of face or throat, a fast heartbeat, body rash, dizziness and/or weakness.

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Where can I receive the vaccine? Can I be vaccinated in my home?

- Due to logistics of vaccine temperature control and monitoring time, Capital Caring Health cannot yet offer the COVID-19 vaccine at home. Each state is distributing vaccines differently and the rules are changing often. Please see below for updated information vaccine access in DC, Virginia, and Maryland.

- **District of Columbia:** You may sign up to receive the vaccine on this link: https://coronavirus.dc.gov/vaccine

- **Virginia:** For state information and updates, visit: https://www.vdh.virginia.gov/covid-19-vaccine/

  - For **Arlington County** information and updates, visit: https://www.arlingtonva.us/covid-19/vaccines/

  - For **Fairfax County** information and updates, visit: https://www.fairfaxcounty.gov/health/novel-coronavirus/vaccine

- **Maryland:** For more information and updates, please visit https://covidlink.maryland.gov/

Should caregivers be vaccinated?

- YES, in order to reduce the chance of caregivers becoming infected with the virus, we recommend that anyone in close contact with our patients receive the vaccine as soon as possible. Everyone should assess the benefits and risks and discuss the decision with their primary medical provider.