

COVID-19 Vaccines: Frequently Asked Questions

What are the benefits of getting vaccinated against COVID-19?

Getting vaccinated can prevent you from getting COVID-19, and can protect your family and community from becoming sick too. Getting vaccinated is very important for stopping the COVID-19 pandemic and for our communities to return to normal.

What are the current available COVID-19 vaccines?

Right now, there are two approved vaccines:

- **Pfizer BioNTech COVID-19 Vaccine**
- **Moderna COVID-19 Vaccine**

Both of these vaccines are very effective and there have been studies and research done to make sure that they are safe for the public.

Who should get vaccinated?

Individuals 16 years and older can get vaccinated with the Pfizer BioNTech vaccine, and individuals 18 years and older can get vaccinated with the Moderna vaccine.

When can I get the vaccine?

Maine is using a phased approach to vaccination. Right now, we are in the first phase. Under this phase, health care workers, emergency responders, those in assisted living facilities, and people over the age of 70 are being vaccinated. People aged 65 to 69 and adults with high-risk medical conditions will get vaccinated in the next phase.

Vaccines for the general public may be available in the summer of 2021.

How is the vaccine given?

Both vaccines are given to you by injection into the muscle and require two doses. For the Pfizer BioNTech vaccine, the doses are given two weeks apart. For the Moderna vaccine, the doses are given one month apart.

Want to know more about the COVID-19 vaccine?
Email your questions to C19vaccine.MECDC@maine.gov

What should I tell my vaccination provider before I get the vaccine?

You should tell your vaccination provider about **any medical conditions** you have and if you:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner medication
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

Are there any side effects? What should I do if I experience them?

You may experience some mild side effects from the vaccine. This is a normal reaction and they will go away in a few days. Side effects can be like the symptoms of COVID-19 (muscle pain, headaches, and chills) and are more likely after the second dose. The likelihood of having severe side effects is very small.

Can I get the vaccine if I am pregnant or breastfeeding?

You should discuss your options with your health care provider or community health worker.

I have already had COVID-19, should I still get vaccinated?

Even if you previously had COVID-19, it is recommended you get vaccinated. You can get the vaccine at any time after you have recovered from COVID-19.

I have an existing medical condition, is the vaccine safe for me?

You should discuss any conditions or concerns you have with your health care provider or community health worker to decide if the vaccine is right for you.

Will the vaccine give me COVID-19?

No, the vaccine will not give you COVID-19.

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What do the vaccines contain?

The two vaccines **do not contain** eggs, preservatives, or latex. You can find a list of the ingredients here:

- Pfizer BioNTech vaccine: <https://www.fda.gov/media/144414/download>
- Moderna vaccine: <https://www.fda.gov/media/144638/download>

Should both doses of the vaccine come from the same manufacturer?

Yes. The first and second doses of the vaccine **must** be from the same manufacturer (Pfizer or Moderna). You **cannot** take one from each.

After I have received the two doses, do I still need to wear a face mask and practice social distancing?

Yes, even if you have been vaccinated you should continue wearing a face mask and avoid close contact with others. There is not enough information yet for Maine CDC to stop requiring individuals to follow COVID-19 safety protocols.

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