COVID-19 Vaccine Frequently Asked Questions
February 22, 2021

New/Updated Information is highlighted in yellow.

General Vaccine Information

Who is the CDC and what is their role with the COVID-19 vaccine?
The Centers for Disease Control and Prevention (CDC) is the national public health institute in the United States under the Department of Health and Human Services. The CDC’s overall responsibility is to address health, and safety.

The CDC is focused on vaccine planning and working closely with health departments and partners to plan and operationalize a vaccination response to COVID-19. The CDC does not have a role in developing COVID-19 vaccines. Learn more about the vaccine planning process by visiting [https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html).

What is New Jersey doing to plan for the COVID-19 vaccine?
The New Jersey Department of Health collaborated with health care partners and immunization stakeholders to develop the New Jersey Interim COVID-19 Vaccination Plan. This plan encompasses suggested priority groups for vaccination, logistics of vaccine storage and handling, health care provider recruitment, tracking and reporting of immunizations, etc. The plan is available at [https://www.state.nj.us/health/cd/topics/covid2019_vaccination.shtml](https://www.state.nj.us/health/cd/topics/covid2019_vaccination.shtml). The Department will continue to update the plan as we receive new information and federal guidance.

Is a COVID-19 vaccine necessary?
COVID-19 can be a minor illness in some or lead to severe disease or even death in previously healthy people. This means, everyone should take the virus seriously! It is believed that the more people who get vaccinated, the less sickness will be in our communities.

Many treatments and medications are being studied, but there is no cure. Prevention is key. Vaccination is an important step in helping to prevent this illness and its potentially devastating consequences.
Was a vaccine approved?
On December 11, 2020, the U.S. Food and Drug Administration issued the first emergency use authorization (EUA) for a vaccine for the prevention of COVID-19 in individuals 16 years of age and older. The emergency use authorization allows the Pfizer-BioNTech COVID-19 Vaccine to be distributed in the U.S. On December 18, 2020, Moderna vaccine was approved as an EUA for individuals 18 and older in the United States. For more information, visit https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines. Learn more about these specific vaccines by visiting https://www.state.nj.us/health/cd/topics/covid2019_vaccination.shtml.

What is an Emergency Use Authorization (EUA)?
An EUA is used to help make medical products available as quickly as possible by allowing unapproved medical products to reach patients in need when there are no adequate, food and drug administration (FDA) approved and available alternatives. The known and potential benefits of the product, must outweigh the known and potential risks of the product to grant an EUA. Learn more about the EUA process by watching the following video, https://www.youtube.com/watch?v=iGkwaESsGBQ.

How much will a vaccine reduce the risk of COVID-19 and its complications?
According to the FDA, the Moderna Vaccine has 94.1% efficacy at preventing symptomatic cases. The Pfizer vaccine has 95% efficacy.

How many shots of COVID vaccine will be needed?
Both Pfizer and Moderna require two shots. These vaccines are not interchangeable meaning you need to receive two doses of the same vaccine.

When and where should I get the second dose?
There are specific spacing requirements between dose 1 and 2, depending on vaccine brand:

- Pfizer-BioNTech COVID-19 vaccine administered 21 days after the first dose.
- Moderna COVID-19 vaccine administered 28 days after the first dose.

The vaccination site where you received your initial dose should schedule your second dose appointment. Contact the vaccination site if you have not been scheduled for a second appointment. It is recommended to return to the same site for your second dose.

What if my appointment for the second dose is longer than the recommended time between doses (i.e., 21 days for Pfizer; 28 days for Moderna)?
As always, it is recommended to follow the guidance by vaccine manufacturers and the CDC; however, this guidance should not be so rigid that it creates barriers to vaccination. Therefore, COVID-19 vaccines may be scheduled for administration up to 6 weeks (42 days) after the first dose.
What should I do if the vaccine I received for my first dose is no longer available?
Despite best efforts, there may be occasions where the first-dose vaccine product cannot be determined or is no longer available. In these situations, any available mRNA COVID-19 vaccine (Pfizer or Moderna) may be administered at a minimum interval of 28 days to complete the vaccination series.

Can I be protected by just receiving one dose of the COVID-19 vaccine?
Both Pfizer and Moderna require two shots. It is not known how effective just one dose of the vaccine would be long-term or how long you would be protected against COVID-19 with just one dose of the vaccine. You must receive two doses in order to get the best protection against COVID-19.

Ask your healthcare provider about tools (like V-safe) that can send you automated reminders about getting your first and second shots at the appropriate time. For more information about V-safe visit https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html.

Is there a cost for the COVID-19 vaccine?
There are no out-of-pocket costs for the COVID-19 vaccine. COVID-19 vaccines will be made available to individuals regardless of insurance coverage status. Individuals won't pay coinsurance, deductibles, or copayments. Providers that administer vaccinations to patients without health insurance or whose insurance does not provide coverage of vaccination administration fees may not charge enrollees directly for any vaccine administration costs.

If I get vaccinated do I still need to wear a mask/face covering?
Yes, you will still need to wear a mask and follow other precautions. The vaccine keeps you from getting sick. It is believed that the more people who get vaccinated, the less sickness will be in our communities. We don’t know yet if the vaccine prevents a person from spreading the virus.
Stopping a pandemic requires using all the tools available. Vaccines boost your immune system so it will be ready to fight the virus if you are exposed. Other steps, like masks and physical distancing, help reduce your chance of being exposed to, or spreading, the virus. Together, COVID-19 vaccination and following CDC’s recommendations for how to protect yourself and others will offer the best protection from COVID-19.

Will wearing two masks provide more protection from COVID-19?
The CDC released new research that found wearing a cloth mask over a surgical mask offers more protection against the coronavirus, as does tying knots on the ear loops of surgical masks. For the best protection, the CDC says to make sure the mask fits snugly against your face and to choose a mask with at least two layers. For more details, please visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html.
I heard there are variants (different strains/types) of the COVID-19 now circulating. What should I do to protect myself?
Viruses constantly change or mutate and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and persist. Public health officials are studying these variants quickly to learn more to control their spread.

You should continue practicing healthy actions like getting your COVID-19 vaccine, washing your hands frequently, practicing physical distancing, and staying home when you feel sick. For more information about variants, visit https://www.cdc.gov/coronavirus/2019-ncov/transmission/variant.html.

Vaccine Availability

When can I get my vaccine? What are the phases?
Eventually the COVID-19 vaccine will be available to everyone who wants it in New Jersey. New Jersey is using a phased approach to COVID-19 vaccination to ensure that limited vaccines are distributed in a fair and equitable manner.

Phase 1A began on December 15, 2020. This phase includes paid and unpaid persons serving in health care settings who have the potential for direct or indirect exposure to patients or infectious materials as well as residents and staff of long-term congregate settings.

On January 7th, vaccines became available to those in Phase 1B, starting with sworn law enforcement personnel and fire professionals, which includes but is not limited to police officers and paid and unpaid firefighters. Many sworn law enforcement personnel are also first responders and are the first priority group within Phase 1B and will be the first in that group to have access.

Beginning Thursday, January 14, all New Jersey residents ages 65 and older, and individuals ages 16-64 with certain medical conditions, as defined by the Centers for Disease Control and Prevention (CDC), that increase the risk of severe illness from the virus, are eligible for the COVID-19 vaccination. Those conditions include cancer, chronic kidney disease, COPD, Down Syndrome, heart conditions, obesity and severe obesity, sickle cell disease, smoking, and type 2 diabetes mellitus.

Individuals who are pregnant and those in an immunocompromised state (weakened immune system) from solid organ transplant are also eligible but should follow CDC guidance and first discuss vaccination with their medical provider before receiving the vaccine.

More groups will become eligible in the upcoming weeks.

How can I schedule an appointment to get vaccinated?
If you are eligible to receive a vaccine, there are generally three ways to get vaccinated:
1. You can make an appointment directly with one of the many designated vaccination sites across the state. Click here to view a full list of these designated vaccination sites.

2. You can pre-register for the vaccine on the NJ Vaccine Scheduling System, and you will be notified when an appointment is available to you. Click here to visit the NJ Vaccine Scheduling System. You can call 855-568-0545 to receive assistance with registering on the NJ Vaccine Scheduling System (NJVSS), this site can also provide information on Frequently Asked Questions, vaccine eligibility and identifying local vaccination sites.

3. Select healthcare facilities, including many hospitals, are offering vaccines directly to their workers. If you work at one of the facilities, you can contact your employer to learn if the vaccine is available to you from your employer.

4. Veterans who receive care from VA health facilities or live in VA long-term care facilities may be eligible for vaccines through the VA. Learn more here.

**Note:** Whenever New Jersey expands eligibility, it may take several weeks for appointments to be available to all eligible. Vaccine availability remains very limited in New Jersey.

**Can you tell me more about the NJVSS? Is my information private?**

The NJ Vaccine Scheduling System (NJVSS) is a secure online website developed by the NJ Dept of Health for public health purposes. The NJVSS is a system that allows you to sign-up to make a COVID-19 vaccine appointment.

You will be asked to provide personal information (name, address, gender, race, and email), medical screening and occupation information. This helps to determine your eligibility for the vaccine or more importantly, which phase best fits you! NJVSS will send you e-mail reminders about your appointment and reminders about getting the second dose. The NJVSS also lets you make an appointment at a vaccination location most convenient for you.

The information collected on the NJVSS is used for public health purposes only AND to ensure that same person returns for the second dose of the same vaccine. For more information visit, [https://covid19.nj.gov/pages/vaccine](https://covid19.nj.gov/pages/vaccine) and [https://covidvaccine.nj.gov/](https://covidvaccine.nj.gov/).

**How do consumers prove that they are eligible for vaccination?**

A person is eligible if they live, work, or are being educated in New Jersey and can self-identify as meeting the criteria for the current sub-phase. No professional or medical documentation is required.

**How do I schedule my second appointment?**

You should schedule your second dose appointment at the same place where you got your first dose.

- If you made your first dose appointment through the New Jersey Vaccine Scheduling System, you will receive an automatically scheduled second dose appointment and an email confirmation with the details of the second dose appointment.
- If you received your first dose by booking directly with a vaccine clinic and did not use the New Jersey Vaccine Scheduling System, you likely scheduled a second dose appointment when you had your first appointment. If you did not receive a second dose appointment, you will need to call 855-568-0545 for assistance.
appointment at the time of receiving your first dose, you need to contact the site where
you received your first vaccine for assistance scheduling the second dose.

- If you received a first dose at the Gloucester County Megasite before the state
  scheduling system was available you will be contacted directly by this site.

What if I am not eligible to get the vaccine?
If you don't qualify for a vaccine at this time, register on the NJ Vaccine Scheduling System and
we will notify you when the vaccine is available for you.
You can call 855-568-0545 for help with the NJ Vaccine Scheduling System

What should I do to protect myself since I am not eligible to receive the COVID vaccine?
You should continue to cover your mouth and nose with a mask when around others, avoid
close contact with people who are sick, practice social distancing, and wash your hands often.
Get more information to learn how to protect yourself and others.

I am eligible to receive the vaccine, but cannot get an appointment. Why is this happening?
Due to supply limitations, vaccination appointment availability is extremely limited at this time.
Please be patient. Eventually everyone who wants it will receive the vaccine!

Can I give my COVID vaccine appointment in N.J. to someone who needs it more?
At this time, there is no way to transfer appointments to another person through the NJ
Vaccine Scheduling System.

Safety Concerns

What are clinical trials? I am concerned that this vaccine was made too quickly and did not
undergo enough testing as other vaccines.
Clinical trials are research studies performed in people that are aimed at evaluating a medical,
surgical, or behavioral intervention. They are the primary way that researchers find out if a new
treatment, like a new drug, vaccine, or medical device is safe and effective in people.

Currently, clinical trials are evaluating investigational COVID-19 vaccines in many thousands of
study participants to generate scientific data and other information for the FDA to determine
their safety and effectiveness. These clinical trials are being conducted according to rigorous
safety standards. For detailed information, visit https://www.cdc.gov/coronavirus/2019-
ncov/vaccines/safety.html.

What are some of the vaccine side effects?
The most common side effects are injection site pain, fatigue, headache, muscle pain, and joint
pain. Some people in the clinical trials have reported fever. Side effects are more common after
the second dose; younger adults, who have more robust immune systems, reported more side
effects than older adults.
As people get vaccinated, CDC, FDA, and other federal partners will use the following existing, robust systems and data sources to conduct ongoing safety monitoring. For more information, visit https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html.

I carry an Epinephrine Auto Injector (EpiPen®, EpiPen Jr®) for my current allergies. Will I be monitored after getting the vaccine to make sure I don’t have anaphylaxis (a severe allergic reaction)?
Yes, the CDC currently recommends that providers should consider observing vaccine recipients for 15 minutes after receipt of a vaccine. Persons with a history of anaphylaxis (due to any cause) should be observed for 30 minutes.

The CDC recommends that people with a history of anaphylaxis not related to vaccines or injectable medications—such as food, pet, venom, environmental, or latex allergies—get vaccinated. People with a history of allergies to oral medications or a family history of severe allergic reactions may also get vaccinated. Although vaccination sites should have all the necessary emergency medical equipment available on site, consider bringing your EpiPen as an extra precaution.

How can I sign up for a clinical trial?

Is this a “live” virus vaccine?
The current vaccines (Pfizer and Moderna) do not contain any virus. The vaccines cannot cause infection with COVID-19, nor can it cause you to infect others.

Can pregnant people or those who are breastfeeding get the COVID-19 vaccine?
There are currently few data on the safety of COVID-19 vaccines, including mRNA vaccines, in pregnant people. Based on current knowledge, experts believe that mRNA vaccines are unlikely to pose a risk to the pregnant person or the fetus because mRNA vaccines are not live vaccines. However, the potential risks of mRNA vaccines to the pregnant person and the fetus are unknown because these vaccines have not been studied in pregnant people.

If pregnant people are part of a group recommended to receive a COVID-19 vaccine (e.g., healthcare personnel), they may choose to be vaccinated. A conversation between the patient and their clinical team may assist with decisions regarding the use of a mRNA COVID-19 vaccine, though a conversation with a healthcare provider is not required prior to vaccination.

When making a decision, pregnant people and their healthcare providers should consider the level of COVID-19 community transmission, the patient’s personal risk of contracting COVID-19, the risks of COVID-19 to the patient and potential risks to the fetus, the efficacy of the vaccine, the side effects of the vaccine, and the lack of data about the vaccine during pregnancy. Until findings are available from clinical trials and additional studies, only limited data are available on the safety of COVID-19 vaccines, including mRNA vaccines, administered during pregnancy.
There are no data on the safety of COVID-19 vaccines in lactating people or the effects of mRNA COVID-19 vaccines on the breastfed infant or milk production/excretion. mRNA vaccines are not thought to be a risk to the breastfeeding infant. A lactating person who is part of a group recommended to receive a COVID-19 vaccine (e.g., healthcare personnel) may choose to be vaccinated.

For more information, please visit https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html.

**Do the COVID-19 vaccines cause infertility (inability to get pregnant)?**
The vaccines have **not** been associated with infertility since the vaccine does not change a person’s DNA. For more information, please see the following flyer, https://www.state.nj.us/health/cd/documents/topics/NCOV/covid19_vaccines_fertility_flyer.pdf

**Can the COVID-19 vaccine affect mammography (breast) screenings?**
Vaccines can lead to temporary swelling in the lymph nodes and this could make results of the mammogram difficult to interpret. Such findings would lead to follow-up exams to rule out possible cancer. This can cause undo anxiety for people who may just be experiencing a temporary side effect from the vaccine.

According to the Society of Breast Imaging, people should either schedule the breast screening before getting the shot or wait until four to six weeks after getting the second dose of vaccine to get your mammogram. However, they don't want anyone to delay care if there is any kind of concern. For more information visit, https://www.sbi-online.org/

As always, if you have questions or concerns, talk with your healthcare provider about what is best for you.

**Can children receive the COVID-19 vaccines?**
The Pfizer vaccine is authorized for use in those 16 and older. The Moderna vaccine is authorized for use in those 18 and older. For information specific to the vaccines, please review the EUA fact sheets available at https://www.state.nj.us/health/cd/documents/topics/NCOV/EUA_Pfizer_FactSheet_for_Recipients.pdf and https://www.state.nj.us/health/cd/documents/topics/NCOV/eua_moderna_factsheet_for_recipients.pdf.

**What is messenger RNA?**
The COVID-19 vaccine is a messenger RNA vaccine or mRNA. It doesn’t include the actual germ like some vaccines. Messenger RNA vaccine gives instructions to the body about how to make a protein that the body uses for the immune response, which is needed to make antibodies. The vaccine helps to trigger the production of protein that is needed to make antibodies. Antibodies are what protects us from getting infected if the real virus enters our bodies.

**Will the mRNA vaccines change my DNA?**
mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept.

**Where can I learn more about vaccine safety and how to report a side effect?**
There are different systems in place to monitor vaccine safety, including the Vaccine Adverse Events Reporting System [https://vaers.hhs.gov/index.html](https://vaers.hhs.gov/index.html) and the smart phone app, v-safe. Your doctor will provide you with information to register for v-safe. Additional information is available at [https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html).

**Protection from Vaccine/Efficacy**

**How soon do antibodies form after getting the vaccine (i.e., how soon after getting vaccine am I protected)?**
It typically takes a few weeks for the body to build immunity after vaccination. So, it is important to continue to protect yourself and keep wearing a mask and keep physical distance from others. [https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html).

**If I had COVID-19 and recovered do I need to get the vaccine?**
COVID-19 vaccination should be offered to you regardless of whether you already had COVID-19 infection. You should not be required to have an antibody test before you are vaccinated. However, anyone currently infected with COVID-19 should wait to get vaccinated until after their illness has resolved and after they have met the [criteria](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html) to discontinue isolation. Additionally, current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. Therefore, people with a recent infection may delay vaccination until the end of that 90-day period if desired.

**If I received the vaccine, do I still have to quarantine if I am exposed to someone with COVID-19 in the future?**
Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

The CDC recently released new quarantine recommendations for vaccinated persons with an exposure to someone with suspected or confirmed COVID-19. These individuals are **not** required to quarantine if they meet the following criteria:

- Are fully vaccinated (i.e., at least 2 weeks following receipt of the second dose in a 2-dose series, or at least 2 weeks following receipt of one dose of a single-dose vaccine);
- Are within 3 months following receipt of the last dose in the series; and
- Have remained asymptomatic since the current COVID-19 exposure.
Persons who do not meet all 3 of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19.

- Fully vaccinated persons who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should be clinically evaluated for COVID-19, including viral testing, if indicated. In addition, vaccinated persons should continue to follow travel recommendations or requirements. For New Jersey travel advisories/restrictions, please visit https://covid19.nj.gov/search.html?query=travel+restrictions.

- These criteria could also be applied when considering work restrictions for fully vaccinated healthcare personnel with higher-risk exposures, as a strategy to alleviate staffing shortages. Of note, exposed healthcare personnel would not be required to quarantine outside of work.

- As an exception to the above guidance no longer requiring quarantine for fully vaccinated persons, vaccinated inpatients and residents in healthcare settings should continue to quarantine following an exposure to someone with suspected or confirmed COVID-19; outpatients should be cared for using appropriate Transmission-Based Precautions.

For more information, please visit https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html

Other Vaccines

**Can I get the flu shot and the new COVID-19 vaccine on the same day?**
Given the lack of data on the safety and efficacy of mRNA COVID-19 vaccines administered simultaneously with other vaccines, the vaccine series should be administered alone, with a minimum interval of 14 days before or after administration with any other vaccines. If mRNA COVID-19 vaccines are inadvertently administered within 14 days of another vaccine, doses do not need to be repeated for either vaccine.

**Will getting the flu vaccine protect me against coronavirus?**
No. Influenza viruses and coronaviruses are different. Getting a flu vaccine will not protect against COVID-19; however, the vaccine can reduce flu illnesses, hospitalizations, and can help to conserve potentially scarce healthcare resources during the pandemic. It’s likely that flu viruses and the virus that causes COVID-19 will both be spreading this fall and winter, making it more important than ever to get a flu vaccine! It is the best way to protect yourself and others – especially those who are particularly vulnerable to both COVID-19 and influenza such as older adults and those with chronic health conditions.
Treatment Options

Who is eligible for monoclonal antibodies?
The FDA issued an Emergency Use Authorization (EUA) for bamlanivimab and etesevimab administered together for the treatment of mild to moderate COVID-19 in adults and pediatric patients (12 years of age or older weighing at least 88 pounds) who test positive for SARS-CoV-2 and who are at high risk for progressing to severe COVID-19. These antibodies could help the immune system recognize and respond more effectively to the virus. The authorized use includes treatment for those who are 65 years of age or older or who have certain chronic medical conditions. A single, infused treatment of bamlanivimab and etesevimab administered together significantly reduced COVID-19-related hospitalization and death during 29 days of follow-up compared to placebo in clinical trials. This treatment is not authorized for use in patients who are hospitalized due to COVID-19 or require oxygen therapy due to COVID-19. More information about monoclonal antibody treatment can be found at https://www.state.nj.us/health/cd/topics/covid2019_community.shtml under the heading “Information on Monoclonal Therapies.” You may also visit https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html for more information on treatment options.

Additional Information

- COVID-19 Hotline 1-800-962-1253 or 2-1-1 (for information only. NOT for scheduling vaccine appointments)
- Call [855-568-0545](tel:855-568-0545) for assistance with the NJ Vaccine Scheduling System (NJVSS)