



COVID-19 VACCINES: KEY FACTS & BENEFITS

Last Updated: March 8, 2021

Employers and people in management and leadership positions continue to play a vital role in providing a safe work environment, promoting risk reducing behaviors and encouraging worker vaccination.

COVID-19 Vaccines Approved in the United States

| Manufacturer | Vaccine Course |
|-------------------|--------------------------|
| Pfizer | Two doses, 21 days apart |
| Moderna | Two doses, 28 days apart |
| Johnson & Johnson | One dose |

The Purpose of Vaccines: Sickness vs. Transmission

COVID-19 vaccines are effective at keeping you from getting sick. After you are vaccinated, you could still be exposed to the virus that causes COVID-19, carry the virus and not feel sick or have any symptoms. To protect others around you, continue to practice all protective infection control practices (see the complete list below).

Key Points About Vaccination

- ▶ You can help stop the pandemic by getting a COVID-19 vaccine. Get vaccinated when it is available to you.
- ▶ COVID-19 vaccines are safe and effective.
- ▶ After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building protection.

Benefits of Getting a COVID-19 Vaccine

- ▶ The vaccine will help protect you from getting mild to moderate COVID-19 symptoms.
- ▶ The vaccine will help keep you from getting seriously sick, needing to be hospitalized or dying if you do get COVID-19.
- ▶ The vaccine is much safer than the natural protection that comes with getting and recovering from COVID-19. This disease can have serious, life-threatening complications and lasting health effects.

Continue to Promote Protective Infection Control Practices

- ▶ Wearing a mask over the nose and mouth
- ▶ Staying at least six feet away from others
- ▶ Avoiding crowds and poorly ventilated spaces
- ▶ Practicing proper hand hygiene and respiratory etiquette

Steps to Promote Vaccination

LIUNA District Councils, Local Unions, health and welfare funds, signatory contractors and all LIUNA affiliates can promote and encourage COVID-19 vaccination by taking the following steps:

- ▶ Educate members, share information and answer questions. Utilize the Fund's COVID-19 resources, available on the Fund's resource page: www.lhsfna.org/index.cfm/coronavirus.
- ▶ Focus on why members would want the vaccine, with an emphasis on their health and the safety of their loved ones and coworkers.
- ▶ If it's available in your area, help members pre-register for the vaccine. Some public health departments have set up websites where you can make appointments; other areas are holding mass vaccination events. Look for details on how to sign up on your state or local health department website and share this information. Here is a directory of state and territorial health department websites: www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html.
- ▶ Offer scheduling flexibility, such as staggered shifts, to make it easier for members to get vaccinated. If vaccination needs to occur during work hours, pay workers for the time it takes to get vaccinated.

Additional Resources

Visit the Fund's Coronavirus & COVID-19 Resource page at www.lhsfna.org/index.cfm/coronavirus. For specific questions not covered above, contact the Fund at 202-628-5465 or by email at communications@lhsfna.org.

Know Your COVID-19 Vaccine Facts

LABORERS' HEALTH & SAFETY FUND OF NORTH AMERICA

| Vaccine Myth | Vaccine Fact |
|--------------------------------|--|
| It was rushed and isn't safe. | Researchers took no safety shortcuts. Studies show it is safe. |
| It changes your DNA. | It's impossible for the vaccine to change your DNA. |
| It can give you COVID-19. | The vaccine doesn't contain a live virus strain. |
| It contains egg protein. | It doesn't contain egg proteins and can be given to people with egg allergies. |
| It causes severe side effects. | For most, the vaccine causes mild side effects that resolve in a few days. |
| It makes women infertile. | There is no evidence that the vaccine causes infertility. |

*Based on Sanford Health COVID-19 Vaccines Debunking The Myths graphic.