

this issue

NOT YET

The pandemic is not over. Hundreds of thousands of **new** cases are expected in the US in the next few weeks. Cases were going down in some places but are starting to go up again.

Being FULLY Vaccinated

• What does it mean to be fully vaccinated?

Fully vaccinated means you have the most protection possible from the vaccine. Even in the VERY RARE chance that someone vaccinated gets Covid, it should only be a mild case.

• When do I become fully vaccinated?

- 2 weeks after the second dose of the Pfizer or Moderna vaccine. It is important to get BOTH doses.

OR

- 2 weeks after the single-dose Johnson & Johnson vaccine. (For more information on the J&J pause, see Page 2).

All these vaccines are highly effective against Covid.



Not vaccinated yet?

Here are some updates that important to know.

In the past couple months the virus has changed - in the Bay Area and around the US. When viruses spread, they often change. The virus is now easier to catch and it is striking younger people.

So if you're not vaccinated, it's more important than ever to protect yourself and your loved ones.

- 2 masks are better than one. Wear them everywhere outside your home
Be sure to cover YOUR NOSE
- Avoid groups of people, especially indoors
- Wash hands frequently
- Stay at least 6 feet from people who are not in your household

Most of all.....get vaccinated!

For yourself, and to help stop the spread in your community



What can I do now that I'm fully vaccinated?

- Visit inside a home or private place without a mask
 - with other fully vaccinated people of any age or.....
 - with one household of unvaccinated people who are not at risk for severe illness (like older adults; people with health conditions/weak immune system)
- Travel in the US without a pre- or post-travel Covid test, and without quarantining
- Travel outside the US – check the rules for your destination

But it is NOT SAFE to visit indoors unmasked with people at risk for severe Covid, or to attend medium or large gatherings inside or outside. Also, just because a business is open does not mean it's safe. Watch for masking and distancing.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

About the Johnson & Johnson vaccine

You may have heard that the federal government has stopped the J & J vaccine shots because 6 women got serious blood clots - out of 7 million people who received J&J shots.

So far almost **200 million vaccinations** have been given in the US! The vaccines are working very well, protecting people from Covid with very few side effects. The fact that the Government stopped one vaccine because of a small number of possible side effects shows that the safety systems work.

WHAT IS CDC GOING TO DO NEXT?

The Advisory Committee on Immunization Practices, a group of medical and public health experts across the country that makes vaccine recommendations, is reviewing the cases and determining next steps.



I GOT THE J&J VACCINE. WHAT DO I NEED TO KNOW?

These blood clots appear to be extremely rare, fewer than 1 in a million.

If you've received the J&J/Janssen vaccine within the past three weeks and develop symptoms such as a severe headache, pain in the abdomen (chest or stomach), leg pain, or shortness of breath, you should seek urgent medical care right away.



Vaccinations

All adults ages 16 and over are now eligible to get the vaccine in California. Most places require an **appointment**. Right now there is a brief shortage of vaccines. But keep trying to schedule your appointment because supplies will go back up very soon.

The vaccine is **free to everyone!**

To make an appointment visit: <https://myturn.ca.gov/>. Also check:

San Francisco: <https://sf.gov/vaccine-sites>

Alameda: <https://www.primarybio.com/r/alco-vax-signup>

Contra Cost: <https://covidvaccine.cchealth.org/COVIDVaccine/>

Marin: <https://coronavirus.marinhhs.org/>

San Mateo: <https://www.smchealth.org/covid-19-vaccination-program-overview>

CVS: <https://www.cvs.com/?icid=cvsheader:cvlogo>

Walgreens: 1-800-Walgreens (1-800-925-4733)

This newsletter comes to you thanks to: SF CAN Partners, the San Francisco African American Faith-Based Coalition, UCSF Helen Diller Family Comprehensive Cancer Center's Abundant Life Health Ministries Network, and Tabernacle Community Development Corporation.

PLEASE REMEMBER YOUR CANCER SCREENING TESTS:
PSA Tests, Mammograms, Pap Smears, Colonoscopies

www.sfcancer.org

