

**Fort Carson Department of Public Health (FCPH)
Technical Information Paper**

*Understanding COVID-19 Movement Restrictions
23 October 2020*



MODERNA VACCINE ONE PAGER

You will need 2 doses approx. 28 days apart in order to obtain the 94% effectiveness

The COVID 19 vaccine is an mRNA vaccine. The vaccine does not contain a live or inactivated virus but only a small part of synthetic material called mRNA. The mRNA enters the cell without altering our DNA and allows the cell to produce a “spike protein” for COVID19. Our immune system identifies this spike protein and makes antibodies for COVID 19 to help prevent future infection.

You cannot get COVID19 from the vaccine. However, your immune system response to the vaccine can result in symptoms of fever, chills, fatigue, headaches, chills, muscle and joint aches. These symptoms typically resolve within 72 hours. This is similar to the vaccines you are familiar with.

The COVID vaccine has been shown to reduce your chance of illness, but you could still spread COVID 19 to others. You should continue to wear a mask and practice social distancing.

Your body will take 10-14 days to produce antibodies to help you fight off an infection. 11 out of 14,550 in phase 3 study contracted COVID 19 and 5 of these patients were within 14 days of vaccination. No patients developed COVID 19 required hospital stay.

Additional concerns:

Wait 14 days before and after receiving the COVID19 vaccine before getting any other vaccination.

If you are **pregnant** but have a high risk of exposure based on the current infection rate in your area or your profession, you should talk to your healthcare provider about the risks and benefits of the vaccine.

If you are **immunocompromised** or take medications that weaken your immune system, you can still take the vaccine but you may not have as robust response as the average patient.

If you have had a **recent COVID 19 infection**, you should obtain vaccination as COVID 19 protection 3 months after the vaccine were shown to be higher than those who naturally cleared the infection. We recommend waiting 90 days from infection to get the vaccine.

If you are **PCSing within the next 28 days**, we recommend you talk to the staff to see which vaccine is at your next duty station. If the same vaccine is available we recommend vaccination prior to your move.

If you are **currently on quarantine**, wait until the quarantine time is over before coming in to receive your COVID19 vaccine. **Please note this does NOT include restriction of movement (ROM) status.**



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