



**The Pfizer-BioNTech COVID-19 vaccine is now available for anyone age 5 and older.**

**COVID-19 vaccines are safe and extremely effective.** All COVID-19 vaccines must go through rigorous testing and review. The FDA authorized the Pfizer vaccine for emergency use for ages 5 and older and found no serious safety concerns. Independent experts confirmed the vaccine meets high safety and effectiveness standards.

**COVID-19 vaccines are free** and available regardless of health insurance, citizenship, or immigration status. Your provider cannot charge you for an office visit if you only go in to get the vaccine.

## HOW TO GET VACCINATED



### Find a vaccination site

- We have the pfizer shot available for ages 5+ at Nisqually. Call 360-413-2733 to schedule.
- **Call your doctor's office or healthcare provider** to see if they have vaccination options available.
- **Find pharmacies and other locations** by zip code using [vaccinelocator.doh.wa.gov](https://vaccinelocator.doh.wa.gov) (select language in top-right corner drop-down menu)
- **Need more options?** Check out our flyer listing other covid-19 shot locations in our area.



### What to bring to your vaccine appointment:

- **Document to confirm age:** state, tribe, or federal-issued identification, birth certificate, school ID or school or medical paperwork with name and date of birth can be used.
- **Consent for vaccination.** You may need consent from a parent or other authorized adult to get the COVID-19 vaccine. Youth can consent for themselves if they are emancipated, married to an adult, or the vaccine site determines they are a [mature minor](#). Learn more about consent requirements at [cdc.gov/coronavirus](https://cdc.gov/coronavirus)
- **Wear short sleeves** or loose-fitting sleeves that are easy to roll up.
- **Something to do** while you wait.

## HAVE QUESTIONS?

Give us a call at  
360-413-2733



## FREQUENTLY ASKED QUESTIONS ABOUT VACCINATIONS:

### **How many shots will I need to be fully vaccinated?**

You'll need two shots of the Pfizer vaccine. You will get a second shot at least 21 days after the first. The first shot starts building your immunity to COVID-19 and the second dose maximizes and completes that protection. You are considered fully vaccinated 2 weeks after your second shot.

### **Is this the same vaccine as the one adults get?**

Youth 12-17 get the same Pfizer vaccine that adults get. Children ages 5-11 get a Pfizer dose made for younger ages. People 18 and over can also get Moderna or Johnson & Johnson vaccines, but those vaccines have not yet been authorized for younger ages.

### **Will I get side effects?**

You may get side effects like a sore arm, fever, headaches, or feel tired for a couple days after getting vaccinated. These are normal signs that your body's immune system is building up protection. Some people don't get any side effects at all.

### **Can I get COVID-19 from the vaccine?**

No. There is no coronavirus in the vaccine and you can't get COVID-19 from it.

### **What can I do when I'm fully vaccinated?**

You can start doing many things again that stopped because of the pandemic! You can hang out indoors with other fully vaccinated people without wearing a mask (except in crowds or in public spaces). You don't need to wear a mask outdoors except in certain crowded settings. Keep up with the latest information about what you can do after you're vaccinated:

[LifeAfterVaccine.org](https://LifeAfterVaccine.org)

### **Can I hang out with people who aren't vaccinated without masks?**

After you are fully vaccinated, you can hang out indoors without a mask with unvaccinated people from one household if they are at low risk for COVID-19 (for example, none of them have other health conditions). If there are people from more than one household or anyone is at higher risk, you should wear a mask, stay at least 6 feet apart, and be in a space with good ventilation (like outdoors or with the windows open). The vaccine protects you well, but experts are still learning about whether vaccinated people can spread the virus to unvaccinated people.

### **Where can I go to answer vaccine questions for me or my family?**

Your doctor or healthcare provider is always a great person to ask. You can also get more questions answered at [cdc.gov/coronavirus](https://cdc.gov/coronavirus)

