

## Covid Boosters

So far more than **220 million** people in the US have gotten at least one Covid vaccine shot. That includes 192 million who are now *fully vaccinated*.

This has confirmed that the vaccines are **SAFE** and **EFFECTIVE**.

The benefits of some vaccines last a lifetime – like those for polio and measles. But for other vaccines, the protection starts to go down over time. That's why we need booster shots.

This is because viruses are not all the same. The Covid virus changes, and it's hard to make a vaccine against it that lasts for a long time.

Because of that, our protection from the Covid vaccines starts to go down after about 6 months, especially for older folks.

Boosters are for people 65 and older, 50-64 with underlying health conditions, and people 18+ who live in long-term care settings.



## this issue

- Booster shots
- Cold, flu, or Covid?
- Covid testing

***I am not a pin cushion. First they said to get 2 shots. Now it's 3. Plus a flu shot. Is this ever gonna end?***

## We may feel done with Covid, but it's not done with us!

- We need boosters because the virus is still spreading. Yes, it has slowed down in many places but we still need more people vaccinated to **stop** the spread.
- We still need more people to get vaccinated, especially **children** because they **DO** get Covid and they **CAN** spread it to others.
- All Covid vaccines are free. They are available through your local pharmacy or your doctor's office.

## Boosters: Mix & Match

- Research shows that it is safe and can even be better to “mix and match”. That means if your first shots were Pfizer, you can get Moderna as your booster. That combination is very strong.
- If you got the J&J single shot, you can now get a Moderna or Pfizer. You will be much better protected as a result.
- Those who got Pfizer or Moderna first can get the same one as their booster.

### **YES! Vaccinate the kids!!!**

The research is in: It is safe and effective for children ages 5 and older to get vaccinated (2 shots, 3 weeks apart).

Kids ages 2 and older who are not vaccinated should wear masks in public spaces and around people they don't live with.

## Cold, Flu...or Covid??



It can be hard to tell the difference between a cold, the flu, and Covid. It's important to know that Covid can look like the others, but it is more dangerous.

People with Covid need to isolate themselves from others as quickly as possible. Call your doctor right away if you have any of these symptoms.

Each person's symptoms can vary, but the chart below shows how the diseases are similar and different.

	Cold	Flu	COVID
Sudden loss of taste and smell			X
Nasal congestion	X	X	X
Runny nose	X		X
Sore throat		X	X
Fever (99.9 to 100°)	X		
Fever (over 100°)		X	X
Body aches		X	X
Cough with phlegm		X	
Dry cough			X
Shortness of breath		sometimes	X
Weakness, fatigue		X	X
Nausea, vomiting, diarrhea		X	X

Experts recommend getting your flu shot as soon as possible because they expect an early and bad flu season due to opening of businesses, schools, and offices.

### - Covid Testing -

**LASTLY**, it is still very important to get a Covid test at the first sign of symptoms or if you are exposed to someone with Covid...*even if you are vaccinated*. No vaccine offers 100% protection. So vaccinated people can still get Covid (although their case will be milder than for those who are not vaccinated), and they *can still spread Covid to others*. You can't know for sure without a test.

You can now purchase a quick at-home test in most pharmacies, and free testing sites are still open in many parts of San Francisco.

**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  
Cancer doesn't wait for Covid