

March 1, 2021

8 THINGS TO KNOW BEFORE YOUR SECOND COVID-19 VACCINE

Understand the do's and don'ts of the two-dose coronavirus vaccination regimen

by Michelle Crouch, AARP, February 17, 2021

If you've already received your first dose of a two-dose COVID-19 vaccine, congratulations — you're well on your way to being protected from the coronavirus. But to be fully immunized, it's critical to get that second shot.

Across the country, some people are running into snafus as they try to get their second dose. If you've had an appointment canceled, don't wait for someone to call you — be proactive about rescheduling your second shot, advises William Schaffner, M.D., an infectious diseases specialist at Vanderbilt University Medical Center in Nashville, Tennessee, and medical director of the National Foundation for Infectious Diseases.

"We have told everyone these vaccines are 95 percent effective," he says of the two-dose Moderna and Pfizer-BioNTech vaccines currently in use in the U.S. "But they're only 95 percent effective if you indeed get that second dose."

Here are a few more things to know about the second dose:

1. Your side effects will likely be stronger

Many people who had little to no reaction to the first vaccine dose are reporting that the second one packs a punch — surprising even those who study vaccines for a living. Greg Poland, M.D., an infectious disease expert at the Mayo Clinic in Rochester, Minnesota, and director of Mayo's vaccine research group, had only mild symptoms after his first dose. But the second one left him shaking — literally — with chills and a temperature of 101. "I took one Tylenol and went to bed and woke up the next morning 90 percent improved, and by midday I was back to normal," Poland says. "This is not an indication of something going wrong; it is an indication of a vigorous immune response." There is no live virus in the vaccine, so you can't get COVID-19 from being vaccinated. The good news is, older adults were less likely to experience vaccine reactions, the data shows. Among those age 55 and up in the Pfizer trial, 22 percent experienced fever after the second dose, and 3 percent had a temperature after the first dose.

Schaffner recommends not making any big plans for the day after your scheduled vaccine appointment.

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2. You should avoid taking pain relievers before your shot

If you've been hearing stories about second-dose side effects, you may be tempted to take a pain reliever before your appointment. That's not a good idea, according to the U.S. Centers for Disease Control and Prevention (CDC), unless you've been advised to do so by your doctor. Pain relievers taken preemptively ahead of a shot could dampen the effectiveness of the vaccine, Poland and Schaffner say. However, it's OK to take acetaminophen (Tylenol) or a nonsteroidal anti-inflammatory drug like Advil or Motrin after your vaccine to treat side effects such as pain, fever, chills or headache.

3. The timing between doses doesn't need to be exact

The second dose of the Pfizer shot is supposed to be given 21 days after the first; for Moderna, the recommended interval between doses is 28 days. However, if you can't get an appointment on the exact day — or if you have to miss your scheduled appointment for some reason — the CDC does allow some wiggle room. Although the agency recommends trying to stick to the suggested interval, it says the second dose can be given up to six weeks after the first. If your appointment is scheduled earlier than the recommended date, ask for a later appointment, Schaffner advises. "Your immune response will work perfectly well if you take more time," he says. "But if you do it too early, the second dose may not invoke an optimal response."

4. Your second dose should be from the same manufacturer as your first

Doctors are already hearing from patients asking if they can get their second dose from a different manufacturer, often because they realize the other type of vaccine is offered at a location that's more convenient. But the CDC recommends against it: The Moderna and Pfizer vaccines "are not interchangeable with each other or with other COVID-19 vaccine products," the CDC says. "The safety and efficacy of a mixed-product series have not been evaluated." The CDC does allow the mixing of Pfizer and Moderna shots in "exceptional situations," such as when the vaccine used for someone's first dose is no longer available due to a supply shortage, or if it's unclear which vaccine they got for their first dose.

5. A rash at the injection site isn't a reason to skip your second dose

If you experienced a rash at the injection site three to 10 days after getting your first shot, that doesn't preclude you from getting your second shot, the CDC says, although it recommends getting it in the other arm. In guidance released Feb. 10, the CDC says the reaction is not believed to represent a risk for a more severe allergic reaction when you get your second dose.

6. You should temporarily avoid all other vaccines

It might be time for your shingles or Tdap vaccine, but you should hold off if you are between COVID-19 vaccine doses. Because there's no data on the safety and efficacy of COVID vaccines administered at the same time as other vaccines, the CDC recommends avoiding other immunizations in the two weeks before and after both doses. Holding off also helps prevent confusion about the cause of a reaction if you experience one. The CDC does allow exceptions in circumstances where avoiding the vaccine would put you at risk, such as a tetanus shot after a wound or a hepatitis shot during an outbreak.

7. Full immunity is not immediate

It takes two weeks after your second dose for your body to build full protection to the virus. After that, you should have almost zero chance of developing severe disease if you are exposed to someone with COVID-19, Schaffner says. The CDC also says you no longer have to quarantine if you're exposed to someone with COVID-19 — as long as you meet these criteria: you don't have symptoms and it hasn't been more than three months since your second vaccine dose. One possible exception is immunocompromised people, Schaffner says. They will get some level of immunity, he says, "but they may not reach the 95 percent because their immune system is already somewhat compromised, no matter how strong these vaccines are."

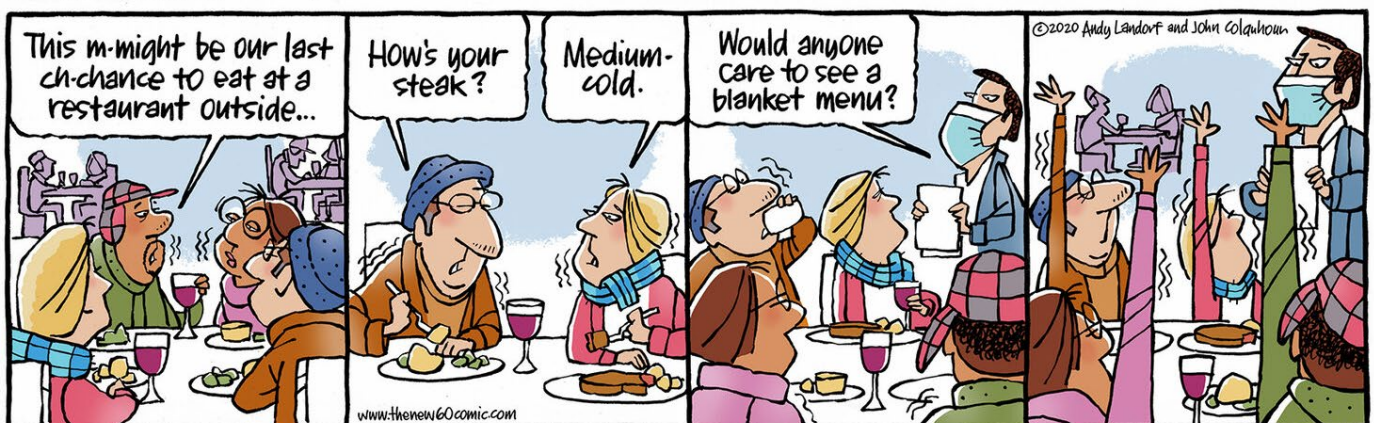
8. You still need to wear a mask

Experts are divided about whether it's OK to hug your grandchild or gather socially with other vaccinated people after you're fully immunized. But they agree you should continue to wear a mask and practice social distancing in public. For one thing, there's a small chance you could get sick even after you've been vaccinated. In addition, it's possible that you could still carry the virus and silently transmit it to others who haven't been vaccinated, even if you don't develop symptoms.

And there's one more reason. Until the country reaches herd immunity — the point when a significant portion of the population becomes immune to a disease — it's important for everyone to wear a mask to stop the spread of the virus, Schaffner says. "If we have some people walking around maskless and others not, people left and right are just going to discard their masks," he says. "We are not ready yet for that for society. Let's all stick to masks a little longer until we get the all clear."

<https://www.aarp.org/health/conditions-treatments/info-2021/what-to-know-before-second-vaccine-dose.html>

The New 60



COVID-19 Vaccine Resources for Alameda County Residents 65+



COVID-19 Vaccine Resources and Consent Form

Bay Area Community Health is now offering COVID-19 vaccines to patients and community members 65 and older in coordination with county and state guidelines.

If you are younger than 65, please do not contact BACH or fill out these forms. You will be able to register for a vaccine on a future date. Look for more information soon.

[BACH COVID-19 Vaccine Consent Form](#)

NOTICE: The consent form must be filled out before scheduling an appointment and coming to the clinic.

You will not be seen if the form is not filled out beforehand.

SCHEDULE AN APPOINTMENT
online scheduling now available [HERE](#)
or call 510-770-8040

Slots fill up fast and new ones are added daily. If all slots are full, try checking again tomorrow.

<https://bach.health/vaccine>



Washington Hospital Healthcare System

Washington Hospital Healthcare System wants to provide patients and the community with the most up-to-date information about COVID-19 vaccination. To keep you informed, this page will be updated when new details about the vaccine and vaccination are available. For information about Alameda County's active vaccination phases and tiers, please go to <https://covid-19.acgov.org/vaccines>.

Authorized by the Alameda County Public Health Department, Washington Hospital Healthcare System is ONLY offering the vaccine to the following eligible individuals:

- Washington Township Health Care District residents who are 65 and older
- Washington Township Medical Foundation patients who are 65 and older
- Employees and physicians of the Washington Hospital Healthcare System and other eligible health care professionals, per Alameda County Public Health Department guidelines

Vaccination appointments are being made based on vaccine availability. Vaccination appointments are limited and contingent on the county allocating the vaccine. Appointments will be temporarily paused when we fill all available slots, and will be resumed once additional vaccine is confirmed by the county.

For more information about vaccination eligibility in CA and other vaccination resources, go to myturn.ca.gov. If it's not your turn yet to be vaccinated or appointments are not available, you can register at myturn.ca.gov to be notified when you are eligible or when appointments open up.

Washington Township Medical Foundation patients who meet the criteria to be vaccinated can schedule vaccination appointments through their personal MyChart account. Community members can inquire about eligibility and appointments by calling our COVID-19 vaccination phone line at 510-248-8200, but please note that we are experiencing extremely long wait times in our call center.

Updates will be available on this website and through MyChart as necessary. We are not accepting walk-ins.

Thank you for your patience.

<https://www.whhs.com/COVID-19-Coronavirus.aspx>

The above information has been copied directly from Washington Hospitals website. Please click the link above for the full article. Anyone in Alameda County 65+ can call for an appointment even if they are not a Washington Hospital member.

*Please note - If Washington Hospital does not have your personal information they will ask for it including your full social security number.

NEED TRANSPORTATION TO YOUR VACCINE APPOINTMENT?

The **RIDE-ON TRI-CITY!** Program will help seniors make COVID vaccine appointments with Washington Hospital and Haller's Pharmacy and help coordinate rides to and from appointments. Call 510-574-2053 for Ride-On Tri-City assistance.

 **Get vaccinated.
Get your smartphone.
Get started with v-safe.**



Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.

Sign up with your smartphone's browser at vsafe.cdc.gov

OR
Aim your smartphone's camera at this code



Learn more about v-safe www.cdc.gov/vsafe



Do you have questions regarding Medicare plans? Kaiser Permanente wants to help you understand the basics of Medicare and how they can help you Thrive. For more information contact your local Kaiser Medicare Specialist Greg Orais at 925-464-0537. Or simply point your camera phone on this QR code to be directed to his website.



RIDE-ON TRI-CITY!

Funded by the Alameda County Transportation Commission through Measure B/BB sales tax revenues. For more information on Measure B/BB, visit: www.alamedactc.org

Ride-On Tri-City!

Services to Newark residents are provided through a partnership between the City of Newark and the City of Fremont's Human Services Department. Eligibility Requirements for RIDE-ON TRI-CITY! transportation services:

- Newark residents who are 70 years of age or older; OR,
 - Newark residents who are unable to use public transportation independently due to a disability or disabling health condition.
- RIDE-ON TRI-CITY! registrants can use the following:

Taxi Service:

Subsidized curb-to-curb taxi rides in the Tri-City area using a taxi voucher. Taxi vouchers cost \$4 each and subsidize up to \$20 of taxi meter fare.

Ride-Hailing Service (through Lyft):

Pilot program... Subsidized curb-to-curb rides on Lyft in Tri-City area. Participants pay for the first \$4 of their trip and up to \$16 of additional trip costs will be subsidized.

Wheelchair-Accessible Van Service:

Participants requiring special door-to-door assistance can get subsidized wheelchair-accessible van rides in Tri-City area. Participants pay \$4 per one-way trip, using a pre-paid voucher. Call (510) 574-2053 for more information.

Transportation Questions Answered...

A Transportation Resources Specialist from RIDE-ON TRI-CITY! can assess your individual needs and work with you over the phone or by email to answer any questions you have about transportation and how to get around the community.

- Learning how to ride public transit buses or BART
 - Obtaining and learning how to use a Clipper card
 - Finding and applying for affordable transportation alternatives if you no longer drive and cannot take public transit
 - Learning how to use ride-hailing services, like Lyft.
 - Renewing your driver's license, obtaining a DMV Disabled Parking placard or figuring out how to maintain driving safety as you age.
- For more information, call (510) 574-2053 or email rideontricity@fremont.gov

Senior Clipper Card

Seniors 65 years of age or older can obtain a Senior Clipper Card by visiting: www.clippercard.com/discounts
MAIL your application form and a copy of your proof-of-age document to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522-0318. Do not send originals, as documents will not be returned. Or EMAIL scans or photos of your application form and your proof-of-age document to seniorityouthapps@clippercard.com. Or FAX your application form and proof-of-age document to 877.565.3149.
Please allow 7 business days for delivery.



Spring DRIVE-THRU LUNCH

Thursday, April 8... *\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

Menu: Spring Salad with Chicken, roll & dessert.

Space is limited. *Pre-registration required at newarkca.activityreg.com or use the mail-in registration form on the final page of our Weekly Update.

Please wear a mask and remain in your vehicle.



CINCO DE MAYO

DRIVE-THRU LUNCH

Wednesday, May 5... *\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

MENU: CHICKEN TACOS, RICE, BEANS & DESSERT

Space is limited. *Pre-registration required at newarkca.activityreg.com or use the mail-in registration form on the final page of our Weekly Update.

PLEASE WEAR A MASK AND REMAIN IN YOUR VEHICLE.



COMMUNITY *cleanup*

WHAT: The City of Newark and Republic Services are providing debris boxes to help residents properly dispose of/recycle bulky items.

**By Appointment Only – mainreq@newark.org
One standard sized pick-up truck-load per household.**

WHEN: Saturday, April 24, 2021

7:30 am to 11:30 am (or until bins are filled)

WHERE: Newark Service Center (37440 Filbert St.)

WHO: Newark residents

Recent residential collection bill with matching identification required



ACCEPTED ITEMS

- ✓ Appliances
- ✓ Reusable household goods
- ✓ Furniture
- ✓ Mattresses
- ✓ Metals
- ✓ Wood
- ✓ Carpeting
- ✓ Tires and E-waste



NOT ACCEPTED

- ✗ Household trash
- ✗ Dirt, construction or demolition rubble
- ✗ Household hazardous wastes (e.g. paint, batteries, motor oil)
- ✗ Household trash
- ✗ Propane Tanks/Gas Cylinders/Lawn Mowers

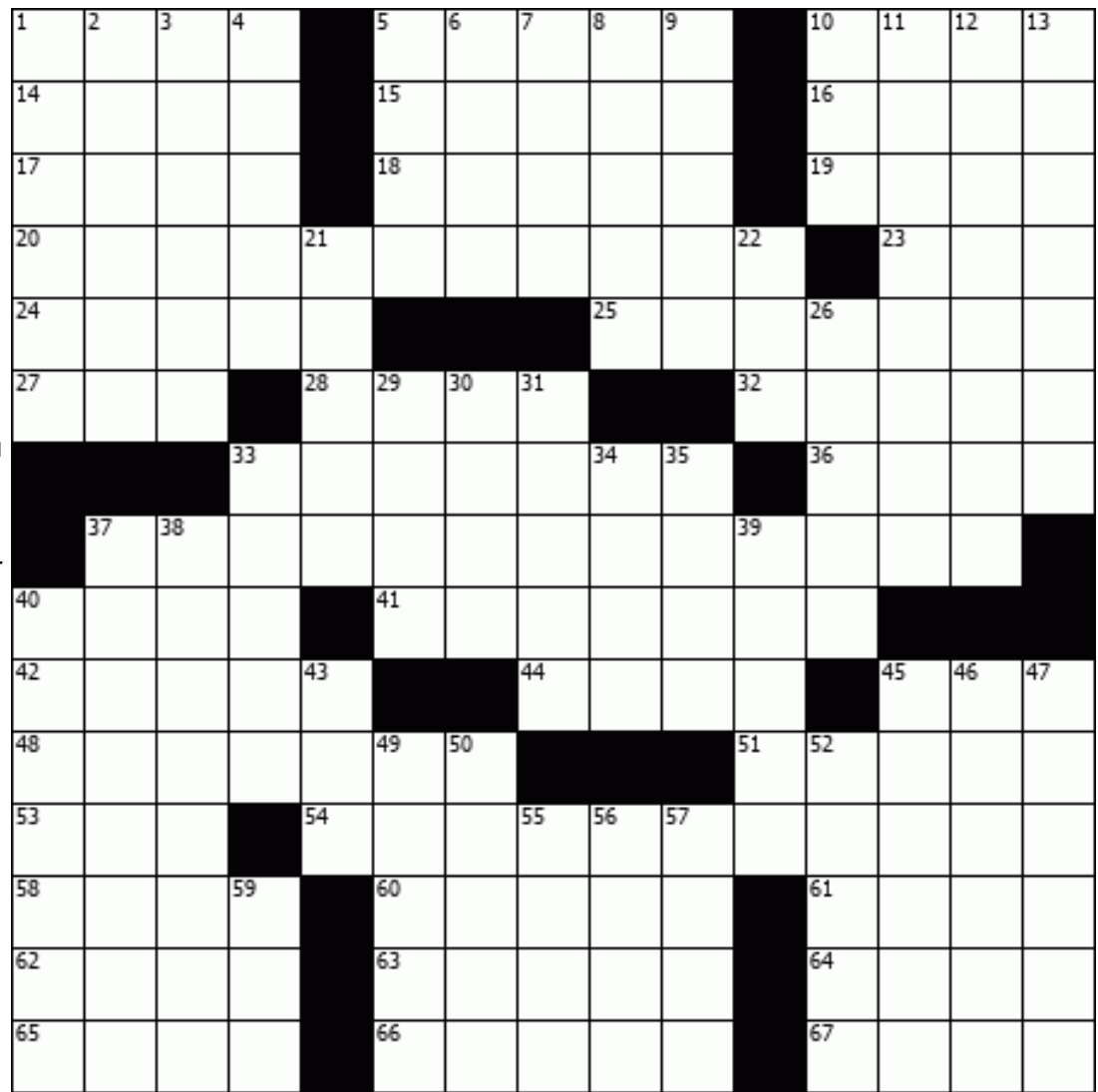
For more information, call Public Works at (510) 578-4806.

Crossword Puzzle

Answers on page 9.

Across

1. Use a hammock
5. Botches
10. "A Life for the ____" (Glinka opera)
14. Friend in a fray
15. Baseball Hall of Famer Combs
16. Bumpkin
17. It can hold its water
18. Culminate
19. Vigoda and Lincoln
20. "Carrie" actress
23. Post- opposite
24. Accustom to hardship
25. Supermarket reading
27. Bench press unit
28. Not quite shut
32. Money-hunger
33. Leveling-off point
36. Some binary digits
37. Large, sleek swimmer
40. Hooligan
41. Abu Dhabi, e.g.
42. More sagacious
44. Either of two extremes
45. The Buckeyes, briefly
48. Performing
51. Displaying enthusiasm
53. Be seen among moguls
54. Beach burrower
58. Shade of blue
60. Take an oath
61. Doll's cry
62. Fishing bird
63. Takes notice of
64. Churchill's successor
65. "Over here!"
66. Beginning
67. End of the year word



Down

1. Hammer is one
2. Jerry's pal
3. Blunder
4. Aerosmith frontman
5. Experience
6. Turner of film
7. Official language of Pakistan
8. Words on a jacket
9. Picture tone
10. Singing syllable
11. Court summons
12. City of Scotland or Maryland
13. Fixes the lawn
21. Dominion
22. Work unit
26. "Gladiator" Oscar winner
29. Make fun of
30. "Up and ____!"
31. Fix, as a pool cue
33. Washington sound
34. Prefix with nautical
35. River to the Caspian Sea
37. Academic types
38. Cosmonauts, e.g.
39. Head on the range
40. Ballroom dance
43. Brit. fliers
45. "Sweet Rosie ____" (Betty Grable film)
46. Gobs
47. Refined
49. Thingamabob (Var.)
50. Astronomer Hubble
52. High points
55. Some TV rooms
56. Take on cargo
57. Formerly, formerly
59. Permit

Chocolate Word Search

Find and circle all of the words that are hidden in the grid.
The remaining 55 letters spell a secret message

Y S C H O D E L I C I O U S G C C
D E E G D U F C S E O S L N A O T
N L E M O E I R V E K S I I C C C
A F C G I N N I I N I D U H N O O
C F A K G S T E I F D N O G O A N
U U K R N C W R T U I C W K A A F
P R E A I T D E P E O L I O T R E
C T S D K N E S E L E E L D R F C
A R D T A E R T A T S W E I W B T
K A C O B I M T E T H C S H N F I
E S R A B D I E S S A P I N O G O
M A E R C E C I E D S T U O U E N
D S A O R R F T E H E U D R E T E
K H M S E G O N E U D N O F Y B R
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T R E M E E T E E W S R E T T I B

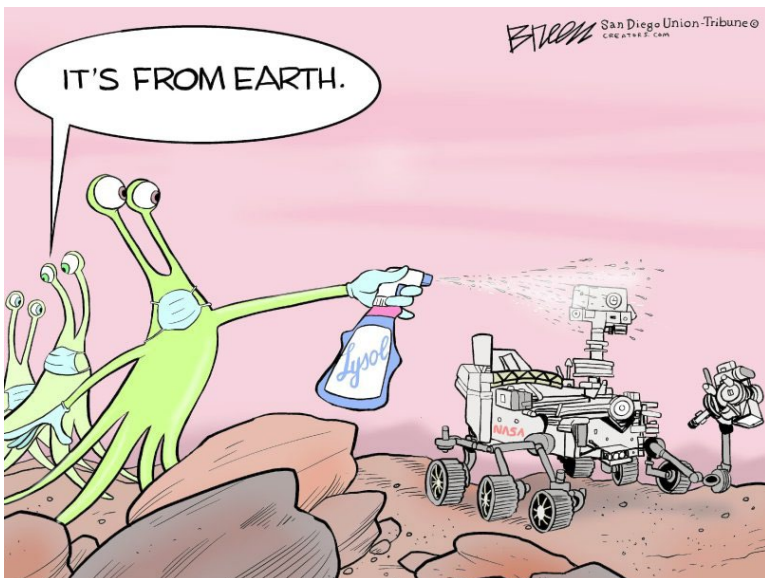
ADDICTIVE
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BARS
BITTERSWEET
BROWNIES
CAKES
CANDY
CHIPS
CHOCOLATIERS
COCOA

CONFECTIONERY
COOKIES
CREAM PIE
CUPCAKE
DARK
DECADENT
DELICIOUS
DESSERT
DRINKS

FILLING
FONDUE
FOOD
FUDGE
ICE CREAM
ICING
INGREDIENT
MILK
MOUSSE

PUDDING
SEMISWEET
SUGAR
SWISS
SYRUP
TREAT
TRUFFLES
UNSWEETENED
WHITE

R	E	S	T		F	L	U	B	S		T	S	A	R	
A	L	L	Y		E	A	R	L	E		R	U	B	E	
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P	I	P	E	R	L	A	U	R	I	E		P	R	E	
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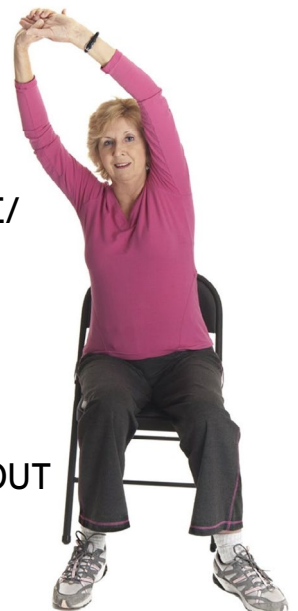
Exercise

zoom

FREE MORNING EXERCISE/
STRETCH W/ JESSICA,
MONS. & WEDS. @ 10AM
Click [HERE](#) to register!

 **YouTube**

10 MINUTE CHAIR WORKOUT
(INTERMEDIATE)
[https://www.youtube.com/
watch?v=ewPltpogda0](https://www.youtube.com/watch?v=ewPltpogda0)



ONLINE... at newarkca.activityreg.com or scan the QR Code

MAIL... registration form and payment to "City of Newark":
Silliman Activity & Family Aquatic Center
6800 Mowry Avenue
Newark, CA 94560



PHONE IN REGISTRATIONS ARE NOT ACCEPTED.

Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: _____ Birth Date: ____ / ____ / ____

Day Phone: _____ Cell Phone: _____

Email Address: _____

Address: _____ City: _____ Zip: _____

Emergency Contact Name: _____ Phone: _____

Participant: Name	Birth Date	Gender	Class Name, Date and Time	Fee
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____

Voluntary donation to the Recreation Scholarship Program: \$ _____

Total: \$ _____

Release of Liability: I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

Signature of Participant (or Parent/Guardian, if under 18)

Payment: _____ Check or Money Order made payable to the "City of Newark"

_____ Charge VISA/Mastercard... Card #: _____ - _____ - _____ Expiration: ____ / ____
month/year