

North Haledon School District's Spring Health Newsletter



Myths and Facts about COVID-19 Vaccines:

1. Can a COVID-19 vaccine make me sick with COVID-19?
 - No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19.
2. After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?
 - No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.
3. If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?
 - Yes, you should be vaccinated regardless of whether you already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19.
4. Will a COVID-19 vaccination protect me from getting sick with COVID-19?
 - Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.
5. Will a COVID-19 vaccine alter my DNA?
 - No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.
6. Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?
 - Yes. People who want to get pregnant in the future may receive the COVID-19 vaccine.

When You've Been Fully Vaccinated

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

If you've been fully vaccinated, you can:

- Gather indoors with fully vaccinated people without wearing a mask.
- Gather indoors with unvaccinated people from one other household without masks, unless any of those people or anyone they live with is at increased risk for severe illness from COVID-19.
- In public you should still wear a mask, stay at least 6 feet apart from others, and avoid crowds and poorly ventilated spaces.



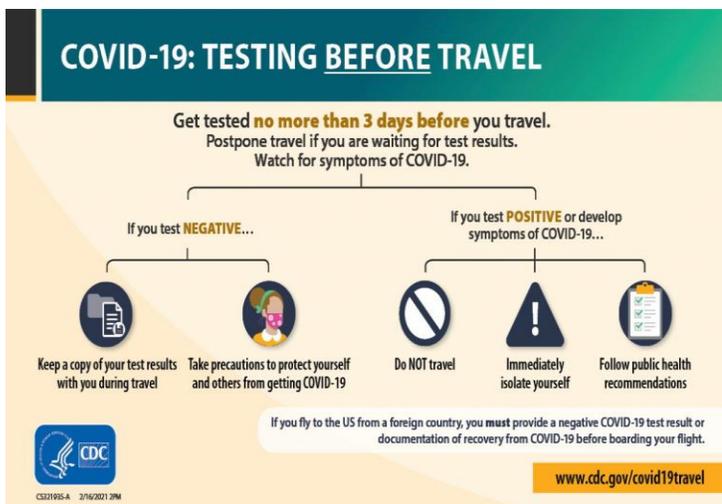
Will it be safe for our family to travel over spring break? If you are considering a family getaway in coming months, here are some points to consider.

1. Check the COVID-19 spread rates where you plan to visit.
2. Try to travel by car if possible.
3. If you must fly: Try to look for direct flights when possible.
4. Pack extra masks and hand sanitizers.
5. Have your family get their flu shot.

Remember:

COVID-19 has affected everyone, and the past year has been stressful for families. With many already having canceled their recent holiday plans, this decision to travel for spring will likely be an emotional one. The urge to jump in to a full fledge spring break travel might be tempting. But families should realize and consider the dangers of traveling while COVID-19 still spreads. If the vaccine rollout continues as hoped, your family will be able to enjoy a relaxing trip together soon.

<https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Will-it-be-safe-for-our-family-to-travel-over-spring-break.aspx>



What are the current COVID-19 vaccine recommendations for children and adults?

A: The US has two mRNA and one viral vector COVID-19 vaccines with good safety and efficacy profiles recommended for use in response to the pandemic.

- On December 12, 2020, CDC approved the use of the Pfizer- BioNTech COVID-19 vaccine in persons aged ≥ 16 years for the prevention of COVID-19. This recommendation came after this vaccine's Emergency Use Authorization (EUA) was granted on December 11th by the Food and Drug Administration.
- On December 18th, Moderna's mRNA vaccine was approved under an EUA and on December 19th, CDC recommended its use in persons aged ≥ 18 years for the prevention of COVID-19.
- On February 27, 2021, the FDA approved Janssen's viral vector COVID-19 vaccine under an EUA for use in persons > 18 years of age, and on February 28, the CDC recommended the use of this vaccine.

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/covid-19-vaccine-frequently-asked-questions/>