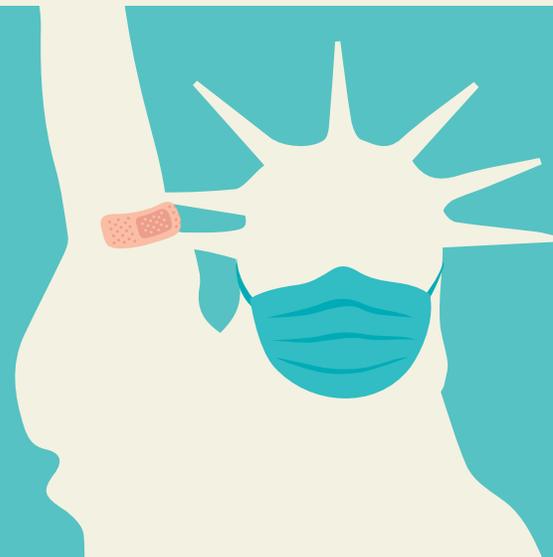# COVID-19 Vaccines: What Older New Yorkers Need to Know

People age 60 and older are eligible to receive COVID-19 vaccines. There are three vaccines available: Pfizer-BioNTech, Moderna, and Johnson & Johnson/Janssen.

Why is it important for older adults to get vaccinated against COVID-19?

While anyone can get sick from COVID-19, the risk of severe illness increases with age. Severe illness from COVID-19 may lead to hospitalization, intensive care, use of a ventilator or death. Certain underlying medical conditions, such as cancer, chronic kidney disease, diabetes and heart disease, also increase the risk of severe COVID-19 illness.

Are the COVID-19 vaccines safe and do they work?

Yes. Scientists built off of decades of research for other vaccines when developing the COVID-19 vaccines. The vaccines went through large clinical studies involving tens of thousands of people of different ages, races and ethnicities. You cannot get COVID-19 from the vaccines.

In clinical studies, all three vaccines were found to be very safe and effective at protecting people from severe COVID-19 illness, hospitalization and death.

NYC VACCINE FOR ALL:
SAFE, FREE, EASY

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Are there side effects from the COVID-19 vaccines?

Most people report mild to moderate side effects, including soreness in the arm, headache, body aches, tiredness and fever. Side effects usually go away within two to three days and are less common in older adults. Call your health care provider if you have side effects that concern you or do not go away after a few days, or if the redness or soreness where you got the shot increases after 24 hours.

Do I need the COVID-19 vaccine if I got the flu vaccine?

Yes. The flu vaccine does not protect you from COVID-19. Since older adults are at increased risk of complications from both the flu and COVID-19, they should get both vaccines. You should get your COVID-19 vaccine and flu vaccine at least 14 days apart.

Is it safe for me to leave home to get vaccinated?

Vaccination sites are taking extra precautions to protect patients and staff, such as requiring appointments to reduce the number of people on-site. Everyone at the vaccination site must wear a face covering at all times.

How can I get to my vaccination appointment?

Free transportation to and from vaccination sites is available for people age 65 and older who need transportation. Information on how to arrange transportation will be provided when you make your appointment. If you take public transportation, find the most direct and least crowded way to travel. No matter how you travel, keep 6 feet from others, wear a face covering, use hand sanitizer often and avoid touching your face.

How much will it cost to get vaccinated?

Vaccination is provided at no cost. If you have insurance, it may be billed, but you will not be charged a copayment or other fee.

Where can I get vaccinated?

If you live in a nursing home or other group care facility, you may be able to get vaccinated there. Otherwise, you can make a vaccination appointment by:

- Visiting **nyc.gov/vaccinefinder** to find a vaccination site
- Calling 877-VAX-4NYC (877-829-4692) to make an appointment at an NYC-run site
- Contacting your provider or pharmacy to see if they are offering vaccination

Do I need to provide proof of eligibility to be vaccinated?

Yes. You must fill out the New York State (NYS) COVID-19 Vaccine Form at **vaccineform.health.ny.gov** before being vaccinated. You will also need to bring proof of age (such as a passport or birth certificate) and proof of New York residency (such as a utility bill, other mail, or a rent or mortgage statement). An NYS driver's license or IDNYC can be used for both. For a full list of acceptable proof, visit **nyc.gov/covidvaccine**.

Can my home care worker or aide also receive a COVID-19 vaccine?

Yes. Home care workers and aides and personal care aides have also been prioritized to get vaccinated. They will need to make an appointment and bring proof they live or work in New York.

Can I stop physical distancing and wearing a face covering after I get vaccinated?

No. While we know the vaccines are very effective at protecting people from severe COVID-19 illness, we still need to learn more about how the vaccines protect people around you who have not been vaccinated. Everyone must continue key prevention measures: stay home if sick, stay 6 feet away from others, wear a face covering and keep your hands clean.

To learn more about COVID-19 vaccines, talk to your provider, call **311** or visit **nyc.gov/covidvaccine**.

For a list of free services and support for older New Yorkers during the COVID-19 public health emergency, visit **nyc.gov/aging/covid19**.

The NYC Health Department may change recommendations as the situation evolves. **3.10.2021**

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