

# COVID-19 VACCINE FAQ

## 1, About the vaccine

Q1, What kind of COVID-19 vaccine ( Moderna COVID-19 vaccine) are we using this time?

A, Please find the webpage below for your reference:

[English]

<https://www.cdc.gov/vaccines/covid-19/info-by-product/moderna/moderna-faqs.html>

[Japanese]

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine\\_moderna.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_moderna.html)

Q2, I would like to get the Pfizer-BioNtech COVID-19 vaccine. Can we choose?

A, No, only the Moderna COVID-19 vaccine will be used for on-campus vaccination at OUAVM.

If you receive a Moderna COVID-19 vaccine, you should get the same vaccine for your second shot.

Q3, Can I still get COVID-19 after being fully vaccinated?

A, The vaccine does not give you 100% protection.

However, it's been reported that the vaccine can prevent around 94% of the symptoms if infected.

After getting the second shot, it takes around 14 days until sufficient immune response is established. Since you could still get COVID-19 and spread the virus even after getting vaccinated (though without symptoms), please keep following all preventative measures (wear a mask, wash your hands often, avoid crowds, and stay away from others).

Q4, How long does the immunity to COVID-19 last after getting the vaccine?

A, Since clinical trial for COVID-19 vaccines started last summer, we do not have the information at the moment. It is said that people who were vaccinated kept neutralizing antibodies in their blood for around 6 months according to the phase III trial data provided by Moderna. However, we do not know how long the immunity lasts. We still do not have any medical consensus regarding if any or when additional shot(s) are required.

Any updated information you can refer from the Ministry of Health, Labour and Welfare COVID-19 vaccine Website.

[English] <https://www.mhlw.go.jp/stf/covid-19/vaccine.html>

Q5, Is it possible to get one shot at a vaccination site in municipalities and the second shot at OUAVM?

A, The Moderna COVID-19 vaccine will be used for on-campus vaccination at OUAVM this time. As you need to get the same vaccine twice, you cannot get your first shot at one of vaccination sites (Pfizer-BioNTech COVID-19 vaccine) and the second shot at OUAVM, or vice versa. If you have been given the first shot at the vaccination site in municipalities, you cannot make an appointment for the second shot at OUAVM. If you have made appointments at the vaccination site and also at OUAVM, please be sure to cancel either one of them.

## 2, About side effects

Q1, What are the possible side effects of getting a COVID-19 vaccine?

A, Common side effects include pain on the arm where you got the shot(\*), headache, joint pain, muscle pain, tiredness, chills and fever. As this is a new type of vaccine, unknown symptoms could occur.

\*More people feel the pain on the next day, rather than right after getting the shot. Pain and swelling could occur after a week or so.

Also, in the rare cases, people could experience severe allergic reactions including, anaphylactic shock:

- After getting a shot, please be sure to sit and wait 15 minutes on site to watch for any allergic reactions.
- After getting a shot, please stay on campus where people are around for 30 minutes to watch for any unusual reactions.
- If you have experienced any severe allergic reactions, including anaphylaxis, or felt sick or have passed out during a blood draw before, please stay on site for 30 minutes.

Q2, I heard that side effects may or may not occur. For about how many days should I be monitoring myself?

A, Side effects could differ depending on individuals, but for your reference, please find the general information regarding common side effects of the Moderna COVID-19 vaccine below.

Japanese: <https://www.mhlw.go.jp/content/000805693.pdf>

English: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

### 3, Eligible person for vaccination

Q1, I recently got other vaccines. Is it ok if I get a COVID-19 vaccine soon after?

A, As a general rule, COVID-19 vaccine and other vaccines cannot be administered at the same time. COVID-19 vaccines are recommended to be administered alone, with a minimum interval of 2 weeks before or after administration of any other vaccines.

(EX) If you are vaccinated COVID-19 on April 1, you will be able to get other vaccines after April 15. (same day of the week two weeks later)

Japanese: <https://www.cov19-vaccine.mhlw.go.jp/qa/0037.html>

Q2, Is it safe to get a COVID-19 vaccine while pregnant or breastfeeding?

A, According to the information regarding many pregnant women from all around the world who had taken the covid-19 vaccine, it is said that this vaccine will protect both mother and newborn including early pregnancy from covid-19. In addition, there have been no reports of serious complications to the mother and newborn caused by the vaccine. Therefore, any pregnant women who wish to take the vaccine are able to do so in Japan.

Please ask your doctor whether you are able to take the vaccine. If your doctor approve on taking the vaccine, inform the doctor at the vaccination site about your current situation before you take them.

For further information, visit FIGO(The International Federation of Gynecology and Obstetrics)'s website,

<https://www.figo.org/covid-19-vaccination-pregnant-and-breastfeeding-women>

Q3, I have underlying medical conditions. Will I be able to get vaccinated? Whom should I consult regarding any other concerns about my health and getting vaccines?

A, Please visit the web page below to see “who should not get vaccinated” or “who should take extra care to get vaccinated”:

[Japanese] [https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine\\_moderna.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_moderna.html)

[English] <https://www.cdc.gov/vaccines/covid-19/info-by-product/moderna/moderna-faqs.html>

Certain underlying medical conditions can put people at increased risk for severe COVID-19 associated illness. Therefore, if you have not had any allergies in the past, we recommend that you get vaccinated. At the moment, we do not know any medication you should avoid when getting vaccinated; however, if you have any underlying medical conditions and have any concerns, please consult your doctor.

## **4, How to vaccinate / make an appointment**

Q1, Will I be able to be vaccinated without the “vaccination voucher” from the municipality?

A, If you have received a vaccination voucher form the municipality in which you reside, please ensure to bring it at the time of your first and second doses. You will be able to be vaccinated without the voucher, however be sure to submit it once you receive it at a later date.

Q2, What are the intervals between, vaccination doses?

A, The interval of Moderna COVID-19 vaccine should be 4 weeks between the two doses. Please get the first vaccination from July 31(Sat) to August 4(Wed) and get the second vaccination from August 28 (Sat) to September 1(Wed).

Please get the second vaccination as soon as possible if you have exceeded 4 weeks. In addition, even if you exceed 4 week, it is not necessary to restart from the scratch.

## **5, About health condition after vaccination**

Q1, What should I do if I have anaphylactic (anaphylactic symptoms: rash, stomach ache or vomiting, shortness of breath (difficulty breathing), blood pressure reduction, and a strong feeling of weariness (fatigue) after the vaccination?

A, After getting a shot, please be sure to sit and wait 15 minutes on site to watch for any allergic reactions. Doctors will be standing by in case of any serious symptoms. If you feel you have anaphylactic symptoms while waiting, please inform the staff immediately. If you have the symptoms after you leave the site or at home, please call an ambulance.

Q2, I have experienced anaphylactic shock in the past. May I stay more than 15 minutes on site to watch for any allergic reactions?

A, Yes, if you are worried you will be able to stay on site longer. After you leave on site and feel discomfort on campus, Health Care Administration Center in OUAVM will take care.

Q3, Will it be all right to take the over-the-counter (OTC) pain relievers for side effects (pain or fever) after vaccination?

A, You will be able to take acetaminophen (antipyretic analgesics, Calonal and Tylenol) for side effects. If you feel itchiness, apply a clean, cool wet washcloth over the area or use antihistamine. If it does not get well in few days, consult the nearest medical institution.

Q4, Will acetaminophen distributed for fever side effects?

A, Calonal is supposed to be distributed.

Q5, What should I do when I have swelling, pain or itchiness on the arm I got shot?

A, According to the survey result of CDC (Center of Disease Control and Prevention), 71% may feel side effects of pain on the injection part after the first dose of the Moderna COVID-19 vaccine. To reduce pain and discomfort, apply a clean, cool wet washcloth over the area. If you feel strong pain, take pain relief medication (Acetaminophen such as Calonal and Tylenol). If you feel itchiness, apply a clean, cool wet washcloth over the area or use antihistamine. If it does not get well in few days, consult the nearest medical institution.

Q6, Can I do workouts after vaccination?

A, Please avoid hard workouts on the day of vaccination.

Q7, Can I take a bath on the day I get the vaccination?

A, Yes, you will be able to take a bath on the day of vaccination.

Q8, I have been vaccinated within 48 hours and have fever, pain, headache, tiredness and muscle pain. What should I do?

A, This may be side effects caused by vaccination. In that case, take pain relief medication (Acetaminophen, such as Calonal or Tylenol). Vaccination consultation center is available at Hokkaido and Obihiro City.

◆ Hokkaido Covid-19 vaccination consultation Center Phone : 0120-306-154

◆ Obihiro City Covid-19 vaccination Office Phone : 0155-25-9721

If you have severe symptoms, please go to the nearest medical institution.

Q9, It has passed 48 hours after vaccination and I have fever, pain headache, tiredness and muscle pain.

A, There may be a possibility that you have been infected to COVID-19 by being vaccinated during the incubation period. Please consult the nearest consultation center (see above). Please also report to the Health Care Administration Center in OUAVM as well.

Q10, What should I do if I feel any discomfort (without fever but have tiredness) after 48 hours of vaccination?

A, You may have some side effects, which are normal signs that your body is building protection. Please consult the Obihiro Health and Welfare Center (0155-25-9721) or the Health Care Administration Center in OUAVM (0155-49-793). If your side effects interfere with your daily life, see a doctor at the nearest medical institution.