COVID-19 FYI

Maryland Developmental Disabilities Council
CREATING CHANGE · IMPROVING LIVES

Maryland
DEPARTMENT OF HEALTH

BOOSTER SHOTS *Stay strong against COVID-19*

WHAT IS A COVID-19 BOOSTER SHOT?

A booster shot is an extra shot that keeps your body strong against COVID-19. The booster shot gives you more medicine that helps protect you. You get a booster shot months after you get your regular COVID-19 shots. *Keep reading for details.*

WHY SHOULD I GET A BOOSTER SHOT?

You stay protected. There is less chance you will get COVID-19 and spread it to others if you get a booster shot.

WHO CAN GET A BOOSTER SHOT?

All Marylanders 16 years and older can get a COVID-19 booster shot. Who can get a booster may change. Use the contact information in the yellow box on the right side of this page to get the latest information.

WHEN CAN I GET A BOOSTER SHOT?

If you got your regular COVID-19 shot from:

· **Pfizer or Moderna**: you can get a booster shot **6 months** after your second shot.

· **Johnson & Johnson**: you can get a booster shot **2 months** later.

WHAT BOOSTER SHOT DO I GET?

You can choose any of the three booster shots. They all work well. The three companies that make the regular COVID-19 shots also make the booster shots. They are Pfizer, Moderna, and Johnson & Johnson. You do not have to get a booster shot made by the same company that made your regular COVID-19 shot.

WHERE CAN I GET A BOOSTER SHOT?

To find where you can get a COVID-19 booster shot near you:

· Go to **covidvax.maryland.gov**.

· Call **855-MD-GoVAX (855-634-6829)**.

TO GET HELP AND MORE INFORMATION ON BOOSTER SHOTS

HELP GETTING A BOOSTER:
Call the GoVax support center, or have someone call for you: **855-MD-GoVAX (855-634-6829)**

MORE INFORMATION:

← Use this **QR code** (point your phone's camera at the code square and follow the instructions on your screen). or visit this website: **https://covidlink.maryland.gov/content/vaccine/booster-shots/**

THE LATEST NEWS:

Follow **@GoVAXMaryland** on Twitter.

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Health conditions that put people at HIGH RISK

WHAT DOES HIGH RISK MEAN?

Being high risk means you have a higher chance than other people of getting very sick, going to the hospital, and even dying if you get COVID-19.

WHO IS A HIGH RISK FOR GETTING COVID-19?

Older adults are more likely to get very sick from COVID-19. **Older adults who have not had their COVID-19 shots** are more likely to be hospitalized or die from COVID-19.

People with these medical conditions are more likely to get very sick from COVID-19:

- **Cancer**
- **Chronic Kidney Disease**
- **Chronic Liver Disease**
- **Chronic Lung Diseases**
- **Dementia or other neurological conditions**
- **Diabetes**
- **Down Syndrome**

- **Heart Conditions**
- **Mood Disorders**
- **Organ or Blood Stem Cell Transplant**
- **Overweight or Obese**
- **Pregnant**
- **Sickle Cell Disease**
- **Smokers – smoking now or in the past**

- **Stroke or cerebrovascular disease**
- **Substance Use Disorder (like alcohol, opioid, or cocaine)**
- **Tuberculosis**
- **Weakened Immune System**

WHAT CAN I DO IF I AM NOT SURE I AM HIGH RISK?

Ask your doctor if you are not sure if you are high risk.

WHAT SHOULD I DO IF I AM HIGH RISK?

It is very important for everyone to get their COVID-19 shots.
It is even more important that you get your shots if you are high risk. This includes getting the booster shot.

It is also very important that you contact your doctor right away if:

· You get COVID-19.
· You were around someone who has COVID-19.

Your doctor can tell you what to do to keep yourself as healthy and safe as possible.

COVID-19 FYI: HIGH RISK HEALTH CONDITIONS

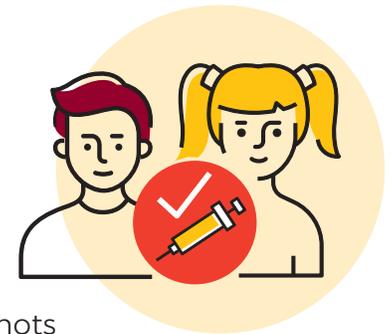*Keep yourself, your family, and your community safe!*

COVID-19 VACCINES FOR CHILDREN *ages 5-11*

CAN CHILDREN AGES 5 TO 11 GET COVID-19 SHOTS?

Yes. Children 5 to 11 years old can get COVID-19 shots made by Pfizer.

IS THIS THE SAME VACCINE GIVEN TO OLDER TEENS AND ADULTS?

Yes, but the dosage (amount of medicine) is smaller. COVID-19 shots for children ages 5-11 are very much like the shots given to 12 year-olds, teens, and adults. Children get two shots three weeks apart.

ARE COVID-19 VACCINES SAFE FOR CHILDREN?

Yes! They were tested on thousands of 5 to 11-year-olds. They had to meet strong safety rules. The Food and Drug Administration (FDA) has approved Pfizer COVID-19 shots for emergency use in children ages 5 to 11. COVID-19 spreads easily and quickly around the world so it is considered an emergency.

SHOULD I GET MY CHILD THE COVID-19 VACCINATION?

Yes, unless your child's doctor says they should not get COVID-19 shots.
Children who have not had their shots can get very sick, need hospital care, and even die from COVID-19. They can also easily spread COVID-19 to other children and adults, even if you do not know they have the disease.

Over 6 million children in the United States have gotten COVID-19:
· Tens of thousands of them have been hospitalized.
· Almost half have ongoing problems that may last for weeks, months, or longer. There are about 100 types of ongoing health problems related to COVID-19 in children.
· More than 500 children have died from COVID-19.

The shots are a safe way to protect your child, your family, and others from COVID-19. So, get them as soon as possible!

Keep yourself, your family, and your community safe!

ARE THERE SIDE EFFECTS?

Children 5-11 may have some side effects from the shots. It is a normal sign that their body is building protection against COVID-19. **Some children may not experience any side effects at all.**

Side effects are usually mild and do not last long. Your child might have some pain, redness, and swelling where they got the shot. They might also feel tired, have headaches, muscle and joint pain, mild fever, and chills.

There have been rare cases when the shots have affected the heart muscle in teens and young adults who got COVID-19 shots. The conditions they got are called *myocarditis* and *pericarditis*. Tens of millions of people have gotten COVID-19 shots in the United States, and less than 1000 have had this problem. Most were adolescent boys and young men.

The benefits of COVID-19 shots are much greater than the risks.

IS IT OKAY TO GET A COVID-19 SHOT AT THE SAME TIME AS OTHER SHOTS?

Yes. Getting COVID-19 shots at the same time as other shots is safe. This includes the flu shot

WHERE CAN I GET A VACCINE IN MARYLAND?

You can get COVID-19 shots for 5 to 11 year-olds at pharmacies, doctor's offices, urgent care clinics, clinics in schools, and local health departments all over Maryland.

To find where you can get COVID-19 shots near you, go to: **covidvax.maryland.gov**.

IS A COVID-19 VACCINATION REQUIRED FOR SCHOOL?

No. Children do not have to have COVID-19 shots to go to school.

TO GET HELP AND MORE INFORMATION

HELP GETTING A VACCINE:
Call the GoVax support center, or have someone call for you: **855-MD-GoVAX (855-634-6829)**

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT FOR YOUR CHILD'S COVID-19 SHOTS:
Use the QR code below (point your phone's camera at the code square and follow the instructions on your screen), or visit this website: **https://covidlink.maryland.gov/**

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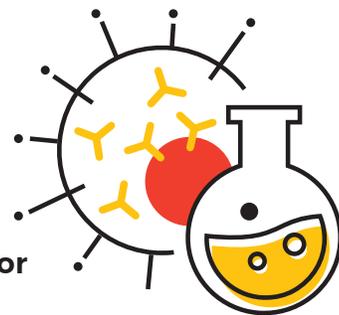DEPARTMENT OF HEALTH

TREATING COVID-19: *Monoclonal Antibody Treatment*

IS THERE A TREATMENT FOR COVID-19?

There is a treatment for COVID-19. It is called "monoclonal antibody treatment." That is a name with medical words that can be hard to understand. The information below explains what it means and who it is for.

WHAT IS MONOCLONAL ANTIBODY TREATMENT?

When you are sick, your body makes "antibodies" to fight the illness. Monoclonal antibodies are antibodies that are made in a lab. They are given to people through a needle. The antibodies made in the lab work just like antibodies your body makes. They are the extra help your body needs to fight COVID-19. **If you test positive for COVID-19, ask your doctor right away if monoclonal antibody treatment is for you.**

IS MONOCLONAL ANTIBODY TREATMENT A CURE FOR COVID-19?

No, it is not a cure for COVID-19. But it is an important treatment for people who get sick with COVID-19. It can keep you from getting very sick from COVID-19 and help keep you out of the hospital.

DO I GET MONOCLONAL ANTIBODY TREATMENT INSTEAD OF COVID-19 SHOTS?

No! This treatment is not in place of COVID-19 shots. It is very important to get your shots to protect yourself from COVID-19.

DOES MONOCLONAL ANTIBODY TREATMENT WORK?

Medical studies have taught us **fewer people get very sick from COVID-19 because of monoclonal antibody treatment**. And fewer people go to emergency rooms or are admitted to hospitals.

ARE THERE SIDE EFFECTS FROM MONOCLONAL ANTIBODY TREATMENT?

Discuss this with your doctor. The most common side effects are nausea and vomiting. Other side effects may be: diarrhea, dizziness, headache, itchiness, high blood sugar, pneumonia, and allergic reaction. You may also have brief pain, bleeding, bruising, soreness, swelling and infection where you get the needle.

HOW CAN I GET MONOCLONAL ANTIBODY TREATMENT?

Your doctor can tell you if monoclonal antibody treatment is right for you and send you for treatment. Talk to your doctor right away if:

· You test positive for COVID-19, or
· You learn that you have been around someone that has COVID-19.

WHO CAN GET MONOCLONAL ANTIBODY TREATMENT?

If you HAVE tested positive for COVID-19 —

Monoclonal antibody treatment can be used with people 12 and older who:

- **Tested positive for COVID-19.** A positive test means you have COVID-19. This includes people who have had their COVID-19 shots,
- **Have mild to moderate symptoms (signs) of COVID-19 for 10 days or less,**

- **Do not need to be hospitalized for COVID-19 treatment,** AND
- **Are in a "high-risk" group**. Being high risk means that if you get COVID-19, you could get very sick, end up in the hospital, or even die. If you are not sure if you are high risk, ask your doctor.
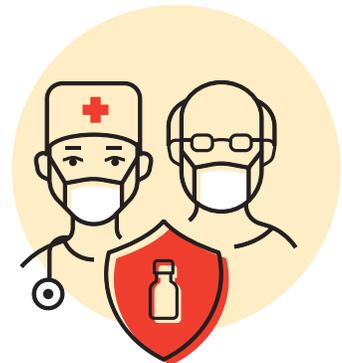
You are at high risk if:

- You are 65 years old or older. You do not need to have any other health problems.
- You are age 55 to 64 AND have: cardiovascular disease, hypertension, chronic obstructive pulmonary disease (COPD), or another ongoing respiratory disease.
- You are 12-17 years old AND have: neurodevelopmental disorders, obesity, heart disease, sickle cell disease, asthma, or another chronic respiratory disease.
- You are 12-17 years old and depend on technology for a medical condition. Some examples of technology are feeding tubes, catheters, and tracheostomies.
- You are any age and have diabetes, obesity, kidney disease, or another serious ongoing conditions.
- You are pregnant.
- Your doctor says there is a high risk you will get sicker or be admitted to the hospital if you do not get treatment.

If you HAVE NOT tested positive for COVID-19 —

You may be able to get monoclonal antibody treatment to prevent COVID-19 if:

- **You have been around someone in the past 4 days who has COVID-19,**
- **You have a serious medical condition,** AND
- **At least one of these things is true:**
  - You are not fully vaccinated. This means you haven't gotten all of your regular COVID-19 shots.
  - You are fully vaccinated, but your doctor does not think your body will do a good job fighting COVID-19.
  - You live with a lot of other people. Examples are nursing homes, psychiatric hospitals, and state residential centers (Holly and Potomac Centers).

WHAT IF I DO NOT HAVE A DOCTOR?

If you do not have a doctor or would like to refer yourself for treatment, you can:

· Call FirstCall Medical Center at 443-459-1095. *Open Monday–Friday from 8 a.m.–5 p.m.*
· Call the monoclonal antibody call center at 410-649-6122. *Open Monday–Friday from 8 a.m.–5 p.m.*
· Set up a video call with a doctor here: www.medstarhealth.org/services/telehealth/evisit, or
· Fill out the form at this website link and someone will contact you: tinyurl.com/yc367h9t.

They will tell you where to go for treatment if it is right for you. Dozens of places provide monoclonal antibody treatment in Maryland.

DO I HAVE TO PAY FOR MONOCLONAL ANTIBODY TREATMENT?

You do not have to pay for the medicine. But there may be fees for giving you the treatment. Your insurance may pay these fees. Check with your insurance company.

TO GET HELP AND MORE INFORMATION

TO GET HELP:
Call the GoVax support center, or have someone call for you: 855-MD-GoVAX (855-634-6829)

FOR MORE INFORMATION ABOUT MONOCLONAL ANTIBODY TREATMENT:
Use the QR code below (point your phone's camera at the code square and follow the instructions on your screen), or visit this website: **https://covidlink.maryland.gov/content/faqs/#faqMA**

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COVID-19 TESTING *Keep Yourself and Others Safe!*

WHY IS COVID-19 TESTING IMPORTANT?

Testing helps control the spread of COVID-19 so we can get back to our normal lives. Taking a test is how you find out if you have COVID-19. You need to know if you have COVID-19 so you can take care of yourself and avoid giving it to other people.

WHO SHOULD GET A COVID-19 TEST?

You should get tested if:

- **You have COVID-19 symptoms.** This is true even if you have already gotten your COVID-19 shots. Symptoms are signs you might be sick. Some signs of COVID-19 are fever, cough, and a hard time breathing. All of the symptoms are listed on this website: https://covidlink.maryland.gov/content/faqs/#faq1
- **You were near someone who has COVID-19.** This means you were 6 feet or closer to them for 15 minutes or more.
- **You have not gotten your COVID-19 shots and participated in activities where you were close to other people.** Examples are traveling and being with large groups of people indoors.

Ask your doctor if you do not know if you should get tested.

WHAT IS THE COVID-19 TEST?

The test takes very little time. Usually, it involves briefly putting a swab (q-tip) into your nose. Then, the swab is sent to a lab to be tested for COVID-19. Most people say this is a little uncomfortable.

Most people get their test results in 1-2 days. Usually, you get to choose how you get your results. This might be a text, email, or phone call.

HOW CAN I GET TESTED FOR COVID-19?

FIND A TEST NEAR YOU

There are over 300 places to get a COVID-19 test in Maryland. That means there are places near you! To find a place to get tested use this QR code (point your phone's camera at the code square and follow the instructions on your screen) or visit this website: **https://covidtest.maryland.gov**

MOBILE CLINIC TESTING

Organizations can ask a mobile clinic to come to their location to do testing.

To request a mobile clinic: call 855-MD-GoVAX (855-634-6829) Or fill out an application using this QR Code (point your phone's camera at the code square and follow the instructions on your screen) or visit this website: **https://governor.maryland.gov/govaxmobile/**

Keep yourself, your family, and your community safe!

DO I HAVE TO PAY FOR A COVID-19 TEST?

Usually, you do not have to pay for a COVID-19 test. Check with the place you want to get the test to see if there is a charge. If there is a charge, contact your health insurance company to see if they will pay. If you have Maryland Medicaid, it will pay for the test.

CAN I TAKE A COVID-19 TEST AT HOME?

Yes, there are COVID-19 tests you can take at home. You get the results in 15 minutes. You can get these tests at pharmacies and some stores without a prescription. They usually cost $20 or more for two tests. Sometimes, health departments give out free test kits that you use at home. Check with your county health department.

WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

If your test is positive, it means you have COVID-19. You should:

- **Tell your doctor and stay in contact with them while you are sick.**
- **Stay home and away from other people for at least 10 days.**
- **Tell people you were in close contact with.** They may have gotten COVID-19 by being around you. They need to know so they can take important steps, like getting tested and staying away from other people.

TO GET HELP AND MORE INFORMATION

HELP AND MORE INFORMATION:

📞 Call: 855-MD-GoVAX (855-634-6829)

← **Use this QR code** (point your phone's camera at the code square and follow the instructions on your screen). Or visit this website: https://covidlink.maryland.gov/content/testing/

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