

FEMA REGION II

INDIVIDUAL AND COMMUNITY PREPAREDNESS TEAM

COVID-19 Vaccine – It’s Our Turn To Roll Up Our Sleeves & Get Vaccinated

It’s hard to imagine a time when we didn’t know COVID-19 existed. Now when people say “virus,” we know what they mean.

The impact of COVID-19 on our lives, our activities, and our freedom has affected us all. The responsibility is ours, as a community, to help stop this virus. Now we have a new, safe and effective tool to help us do that — COVID-19 vaccines.

We all need to step up to beat COVID-19. We ask you to join us in protecting yourself, your family and friends and our community by getting vaccinated.

According to the CDC, a disability alone does not mean you are at higher risk of getting COVID-19, however due to where you live or how often you engage with health care providers, your risk level may be increased. Consult your healthcare provider if you have a question about getting a vaccine, how a vaccine can affect your health and if you are at higher risk from getting severely ill from COVID-19.

Getting vaccinated, adds an important layer of protection for you, your family and loved ones. Here are some things you should know about the COVID-19 vaccine from the Centers for Disease Control (CDC):

All COVID-19 vaccines currently available in the United States are very effective at preventing the disease.

The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.

Stopping a pandemic requires using all the tools we have available – wearing masks, cleaning and disinfecting surfaces, staying at least six feet apart from people who don’t live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently and getting vaccinated.

Getting the vaccine will make it less likely that you will contract COVID-19 and may keep you from getting severely ill if you do contract COVID-19.

We want everyone in our community to be safe and get back to hugging our families and friends and shaking hands with our neighbors.

We all play a part in this effort, and you are Key. Please sign up to get your COVID-19 vaccination once you are eligible and continue to wear your mask and socially distance.

Then, share your experience with your friends and family so they feel comfortable to get the vaccine when it is their turn.

You can use the hashtag #SleeveUp, on social media to share your story.

Please reach out to your local, state or federally run vaccination site directly if you need accommodations.

If you have questions about vaccination in New York City you can visit the Mayor’s Office for People with Disabilities at <https://www1.nyc.gov/site/mopd/resources/covid-19-vaccine-distribution-frequently-asked-questions.page>.

For more information Access Living has a complete list of COVID-19 resources <https://www.accessliving.org/our-services/covid-19-resources-for-the-disability-community/>.

If you have questions about the COVID-19 vaccine, visit CDC’s FAQs web page <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>.