

# COVID-19 Vaccination Safety

A safe and effective vaccine is a vital step toward ending the COVID-19 pandemic. Avera has stepped forward to help our employees, patients and community members access the vaccine, and to be by their side to monitor any side effects or adverse reactions.

Avera and your state's department of health have closely monitored the development of the COVID-19 vaccines:

- The Food and Drug Administration's (FDA) rigorous testing utilizes independent checks to ensure safe vaccine development.
- FDA senior scientists make the final approval before a vaccine is released for use.
- Early data on the vaccines is very promising, showing effectiveness levels as high as 95%, and only mild and temporary side effects like headache, fatigue and mild fever, all common signs that show a vaccine is working to help you build immunity.

Vaccine recipients can feel confident in Avera's support, and we make the following promises to you:

- We will only administer the vaccine to groups of people for whom the vaccine has been shown to be safe and effective.
- You will be provided the information and education you need to make an informed decision about vaccination.
- We will schedule your vaccination appointment and ensure that masking, social distancing and hand hygiene are in place.
- Your vaccine will be supervised by a licensed health care professional who has been fully trained to administer this vaccine.
- After you receive your vaccination, you will be monitored for at least 15 minutes by a licensed health care professional.

After you have received your vaccine, it's important to continue wearing masks, practicing social distancing and hand hygiene. You still may be able to spread COVID-19 to others.



- We encourage you to enroll in the Centers for Disease Control and Prevention's **v-safe** program at [www.CDC.gov/vsafe](http://www.CDC.gov/vsafe). By enrolling in v-safe, you will receive regular text messages directing you to surveys where you can report any problems or adverse reactions you have after receiving a COVID-19 vaccine.
- We will schedule the next shot in your vaccination series, if applicable, to ensure that you are as protected as possible.

Vaccination can cause some side effects, as your body works to build immunity. You may experience fatigue and sore arm, and can consider this normal. If you experience fever over 100 degrees, runny nose, cough, sore throat or loss of taste or smell, call the Avera COVID-19 Hotline at 1-877-AT-AVERA or your clinic, by phone or by sending a message through AveraChart.

In an emergency, dial 911.

The public is encouraged to report adverse reactions to [VAERS, the Vaccine Adverse Event Reporting System](#).

*Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. If you think you may have problems paying part of your bill, contact your local business office or billing staff. We can discuss payment options that may be available to you.*



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