

GET YOUR COVID-19 VACCINATION

HPSM members 65+ years old can get the COVID-19 vaccine for free

DRIVE-THRU VACCINATION CLINIC

**Friday, February 5th
9:00 a.m. to 4:00 p.m.**

**San Mateo County Expo Center
1346 Saratoga Drive
San Mateo, CA 94403**

**Appointments MUST be scheduled online in advance
(WALK-INS WILL NOT BE ACCEPTED)**

www.hpsm.org/vax

All members must come to the clinic in a car.
If you don't have other transportation, you can use your ride benefit.
Call HPSM to schedule your ride
CareAdvantage members: **1-866-880-0606** or **650-616-2174**
Medi-Cal members: **1-844-856-4389**
TTY: **1-800-735-2929** or **7-1-1**

Make sure you bring your HPSM ID card and photo ID with you

**Before and after
your vaccination,
you still need to**



Wear a mask



Keep 6-feet apart



Wash your hands

See other side for more details

What to expect after COVID-19 vaccine dose 1

MOST COMMON SIDE EFFECTS

In the arm where you got the shot	Throughout the rest of your body
Pain Swelling Redness	Chills Tiredness Headaches

- These side effects are normal and expected.
- What you are feeling is your immune system getting stronger so you can fight the virus
- If you don't have side effects, it doesn't mean the vaccine is not working.
- If you need to, you can take Tylenol 4 hours after getting the shot (follow directions on bottle).
- Most side effects are mild to moderate and last 1 to 3 days.

About the COVID-19 vaccine

- The COVID-19 vaccine is NOT a live virus vaccine.
- You cannot get COVID-19 from the vaccine!
- The vaccine is 95% effective in preventing COVID-19 only if you get both doses.
- We don't know how long the protection will last.
- You may still be able to carry the virus to someone else.

WHAT TO DO NEXT

- It's very important to get the second dose!
- If you have a smart phone, track your side effects at <https://vsafe.cdc.gov>

If you are assigned to Kaiser, PAMF (Sutter), Stanford, Gellert, Ravenswood, or NEMS, contact your primary care provider (PCP) to schedule your vaccination or visit www.smchealth.org/covid-19-vaccination

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