



GCAPP PARENT TOOLKIT:

Back to Basics: Preventing COVID-19

Preventing the Spread of COVID-19

Practicing these recommendations will help prevent COVID-19:

- **Avoid touching** your eyes, nose and mouth
- **Avoid contact with anyone** who is sick or may feel sick
- **Stay at home**, and **away from others**, if you feel sick
- Use a **face covering** when **physical distancing** is difficult or when entering closed spaces
- **Physical distancing** should be at least 1 meter (3 ft)
- **Clean** and **disinfect** frequently touched objects and surfaces often
- Incorporate **good hand hygiene** into your daily routine:
- **Wash your hands** with soap and water (The World Health Organization recommends washing hands for 40-60 seconds)
- When hand washing is not available, **use a hand sanitizer**
- Hand sanitizers should contain **at least 60% alcohol**

Vaccines for COVID-19

Currently, there are four vaccines that have been authorized in the United States to prevent the spread of COVID-19. Those vaccines include Pfizer-BioNTech, Moderna, Novavax, and Johnson & Johnson's Janssen.

COVID-19 Vaccine Benefits:

Staying up to date with the recommended vaccines and boosters will ensure that you are best protected from COVID-19. Updated COVID-19 boosters contribute to restoring protection against newer variants including the most recent Omicron subvariants, BA.4 and BA.5.

Vaccine overview:

	Moderna	Pfizer-BioNtech	Johnson & Johnson
Who can get this vaccine	People 18 years and older	People 12 years and older	People 18 years and older
Type of vaccine	mRNA*	mRNA*	Viral vector**
Number of shots you will need	2 shots given 28 days apart	2 shots given 21 days apart	1 shot given
When you are fully vaccinated	14 days after second shot	14 days after second shot	14 days after shot
Effectiveness	Against all Covid-19 illness	94.5%	66%
	Against severe illness from Covid-19	100%	75%
	Against death from Covid-19	100%	100%

Individuals are considered fully vaccinated two weeks after receiving their second dose of the Moderna and Pfizer-BioNtech vaccines; and two weeks after receiving a dose of the Johnson & Johnson/Janssen vaccine.

How can I get vaccinated?

- **COVID-19 vaccines are 100% free.**

FIND A VACCINATION SITE NEAR YOU

- **Visit:** www.coresponse.org/georgia/covid-19
- **Text:** Your ZIP Code to **438829**
- **National COVID-19 Hotline:**
 - 1-800-232-0233
 - (TTY: 888-720-7489)
- **Georgia Department of Public Health Vaccine Scheduling Line:**
 - 1-888-457-0186

Source: GA Department of Public Health



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