



**YOU Can Help Stop the Spread of COVID-19**



**Brain Injury Alliance WASHINGTON**

**Get Your Free COVID-19 Vaccine**

COVID-19 vaccines are safe and effective. The CDC recommends that everyone 12 years and older get the vaccine. **Need help scheduling an appointment?** Call BIAWA at 877-982-4292.

You are considered fully vaccinated 2 weeks after the final dose of your vaccine:

- Pfizer:** two-dose vaccine, given 21 days apart
- Moderna:** 2-dose vaccine, given 28 days apart
- Johnson & Johnson:** single dose vaccine

Take a picture of your completed card and keep it on your phone for proof of vaccination.

**Accurate vaccine information is critical and can help stop common myths and rumors.**

Myths & Facts: [www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html)

**How to continue to stay safe before and after you get a vaccine:**

- \* Wear a mask in all public places
- \* Follow social distancing guidelines (6 feet apart!)
- \* Avoid people who are sick
- \* Practice healthy habits like frequent handwashing and using hand sanitizer
- \* Get the flu shot to protect you from serious flu-related illness



**August is National Wellness Month—Take Care of YOU!**

Focus on your self-care and healthy routines to help manage your stress.

**Exercise regularly:** it improves how you feel about yourself and releases hormones that make you feel happier.

**Follow a healthy diet:** junk food can make you feel sick and reduces the production of hormones that make you feel happier.

**Stay connected:** keep in touch with family and friends on a regular basis and talk about your stress so that they can give comfort and support.

**Try meditation or yoga:** these relaxing and calming activities can improve your mood and reduce stress.

Sources: Fred Hutch, CDC, Virginia Commonwealth University.

**Still have questions about the vaccine? Contact your primary health care provider.**