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February 2021

COVID-19 FAQ's CDC Guidelines

1. Why should I get vaccinated for COVID-19?

COVID-19 can cause serious illness or even death. There is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you. All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19 disease. Even if you still get infected after you get vaccinated, the vaccine may prevent serious illness.

2. Can the vaccine give me COVID-19?

No, the vaccine does not cause COVID-19. None of the approved COVID-19 vaccines contain the virus that causes COVID-19. It does take a few weeks after vaccination for your body to build up antibodies to protect you from the virus. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after getting the vaccine and still get sick.

3. Will the shot hurt or make me sick?

Some people might get sore muscles, feel tired, or have mild fever after getting the vaccine. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a few days. If you have any concerns, call your doctor or nurse.



4. Why do I need two COVID-19 shots?

Some COVID-19 vaccines need two shots. The first shot gets your body ready. If you are told you need two shots, make sure that you get your second shot at the time you are told, to make sure you have full protection.

5. Should I get vaccinated if I already had COVID-19?

Yes, you should still be vaccinated because you can become infected more than once. Although you may have some short-term natural protection (known as immunity) after recovering from COVID-19, we don't know how long this protection will last. Vaccination is the best protection, and it is safe. People who get COVID-19 can have serious illnesses, and some have terrible symptoms that continue for months. If you have had COVID-19, ask your doctor, nurse, or clinic when you should be vaccinated.

6. When will I be able to get the vaccine?

Although CDC makes recommendations on who should be offered COVID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines. Please contact your local health department for more information on COVID-19 vaccination in your area.

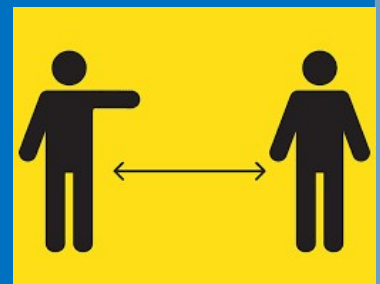
<https://www.sanantonio.gov/Health/HealthServices/Immunizations>

7. Do I have to pay for the vaccine?

No. The federal government is providing the vaccine free of charge to all people living in the United States.

8. Do I still need to wear a mask and socially distance after getting the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic. Such as wearing a mask over your nose and mouth, washing your hands often, and staying at least 6 feet away from people who don't live with you. Together, COVID-19 vaccination and following CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19.



QPIC Corner

Covid-19 Appointments for Alamodome @

<https://covid19.sanantonio.gov/Services/Vaccination-for-COVID-19>

1.833.968.745 Open 8 am – 8 pm

No Walk-ins accepted

Currently in Phase 1A & 1B

Phase 1A Recipients include:

- Workers at
 - Hospitals
 - Long term care facilities
 - EMS 9-1-1
 - Home Health
 - Outpatient
 - ER/Urgent Care
 - Pharmacies
 - Last Responders
 - School Nurses

FOUR WAYS TO SIGN UP FOR COVID-19 ALERTS

1. Download the Ready South Texas app, available in the [iTunes](#) and [Google Play](#) stores
2. Text COSAGOV to 55000 to receive SMS text message updates
3. Follow @COSAGOV on Facebook, Twitter and Instagram
4. Bookmark covid19.sanantonio.gov.

Phase 1B Recipients include:

- People 65 Years of age and older
- People 16 years of age and older with at least one chronic medical condition that puts them at increased risk for severe illness from the virus that causes COVID-19, such as but not limited to:
 - Cancer
 - Chronic kidney disease
 - COPD
 - Down Syndrome
 - Heart conditions, such as heart failure, coronary artery disease or cardiomyopathies
 - Solid organ transplantation
 - Obesity and severe obesity (body mass index of 30 kg/m² or higher)
 - Pregnancy
 - Sickle cell disease
 - Type 2 diabetes mellitus

*The Moderna vaccine can only be given to people who are 18 years and older

*The Pfizer vaccine can be given to people who are 16 years and older

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Healthy Corner Recipe

Healthy Lentil Chili

<https://www.foodnetwork.com/recipes/food-network-kitchen/healthy-lentil-chili-8707622>

Food Network Kitchen

Total time 1 hour and Yields 6 servings

Ingredients:

- 1 tbs olive oil
 - 1 lg onion, diced
 - 1 red, orange or yellow bell pepper, diced
 - 4 cloves garlic, minced
 - Kosher salt and freshly ground black pepper
 - 2 tbs tomato paste
 - 2 tbs chili powder
 - 1 ½ tbs dried oregano
 - ½ tsp ground cumin
 - 4 cups low sodium vegetable broth
 - Two 14.5 oz cans fire-roasted diced tomatoes
 - 1 15-oz can navy beans or another small white bean (do not drain)
 - 1 cup dried brown lentils
 - 1 dried bay leaf
 - 1 tbs red wine vinegar
- Shredded reduced-fat cheddar, plain yogurt, pickled jalapenos and crushed tortilla chips for serving (all are optional)



Directions:

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat until simmering. Add the onion, bell pepper, garlic, ½ tsp salt and several grinds of black pepper. Cook until vegetables are just tender and browned in spots, stirring occasionally, about 6 minutes. Stir in the tomato paste, chili powder, oregano and cumin, then continue to cook until fragrant and brick-red in color. Stirring frequently, about 2 minutes.
2. Stir in the vegetable broth, diced tomatoes, beans (and their liquids), lentils, bay leaf, ½ tsp salt and a couple grinds of black pepper. Bring to a steady simmer, then reduce the heat to medium-low. Partially cover with a lid and gently simmer, stirring occasionally, until the lentils are tender and the chili has thickened slightly, 35 – 45 minutes.
3. Remove the bay leaf and stir in the vinegar. Season with salt and black pepper. Ladle into bowls and serve with toppings as desired.

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