

BHI Energy COVID-19 Update



Because COVID-19 is a new disease with new vaccines, you may have questions about what happens before, during and after your vaccine. We would like to share the following information from the Centers for Disease Control and Prevention (CDC):

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make you sick with COVID-19. [Facts about COVID-19 Vaccines](#)

Does a COVID-19 vaccination help keep me from getting COVID-19?

- COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.
- All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19. [Learn more about the different COVID-19 vaccines.](#)

Will a COVID-19 vaccine alter my DNA?

- No. COVID-19 vaccines do not change or interact with your DNA in any way.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

- Yes. There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Is getting vaccinated safer than getting COVID-19?

- There is no way to know how COVID-19 will affect you. The risk of severe illness, long term health effects and death from COVID-19 far outweighs any benefits of natural immunity.
- COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.

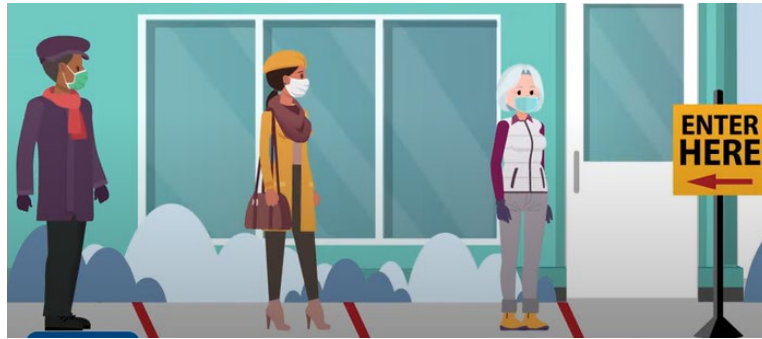
You can learn more about COVID-19 vaccines or find out how to find vaccine at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html>.



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Watch this Video on [What to Expect at your COVID-19 Vaccination Appointment](#) or [visit the CDC page on Getting Your COVID-19 Vaccine.](#)



The Centers for Disease Control and Prevention (CDC) has found that COVID-19 vaccines are effective at protecting you from getting sick from COVID-19, and people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

People are considered fully vaccinated 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Once you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask or staying 6 feet apart.
- You can gather indoors with unvaccinated people of any age from one other household (for example, visiting with relatives who all live together) without masks or staying 6 feet apart, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to the situation at your international destination before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding a flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.



For now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- If you travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

Until we know more about those questions, everyone—even people who've had their vaccines—should continue taking steps to protect themselves and others when recommended. COVID-19 vaccination will be an important tool to help stop the pandemic.

Excerpted from [cdc.gov](https://www.cdc.gov).

