

Breakthrough Cases: A Guide for Self-Advocates

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If I am vaccinated, can I still get COVID-19?

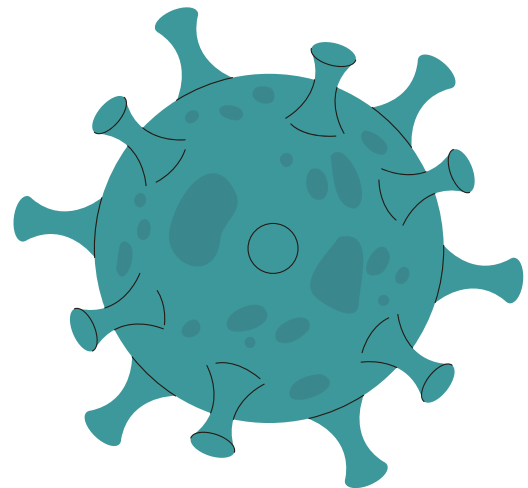
Yes. However, symptoms are usually mild, or there will be no symptoms at all.

If I can still get COVID-19, why should I even get the vaccine?

The vaccine is very good at keeping you from getting very sick from COVID-19. This includes being so sick that you will need to stay in the hospital, need to be in the Intensive Care Unit, or even be so sick that you could die.

If I get COVID-19 after getting vaccinated, can I still become very sick?

You may have mild symptoms or no symptoms at all. It is not very likely for someone who has been vaccinated against COVID-19 to get seriously ill.



How long does the vaccine protect me?

All COVID-19 vaccines provide good protection against serious illness. However, the protection against getting mildly or seriously ill with COVID-19 may not be as strong after about 6 months. The U.S. Centers for Disease Control and Prevention recommends adults get an additional shot called a booster. A Booster shot is another shot on top of the first two shots. You should get a booster dose of the Pfizer, Moderna, or Johnson and Johnson vaccine. These booster shots should happen six months after your last dose of the vaccine.

Even if I am vaccinated, what else can I do to protect myself?

You can get a booster dose of the Pfizer, Moderna, or Johnson and Johnson vaccine. You can also wear masks at indoor spaces that are crowded and where you are not sure if everyone is vaccinated.

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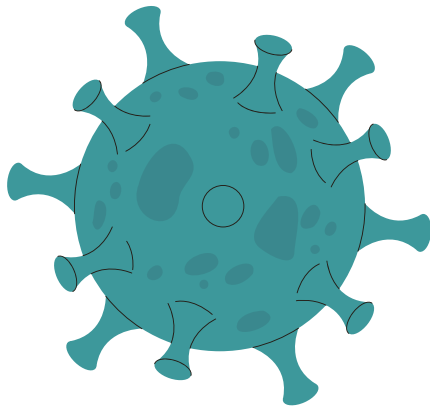
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Do I need to wear a mask?

Only in indoor spaces that are crowded and where you are not sure if everyone is vaccinated.

Do I need to practice physical distancing?

Physical Distancing means standing or sitting about 6 feet away from the other person. Physical distancing indoors and outdoors is something you should do for extra protection if you are not vaccinated. If you are vaccinated, you should try to keep your physical distance if you are in a crowded space and you are not sure if everyone else is vaccinated.



If I am vaccinated and come in contact with someone with COVID-19, what do I need to do?

Watch yourself for symptoms. Right now, if you are fully vaccinated and if you have no symptoms, you do not have to get a COVID-19 test or quarantine. "Fully vaccinated" means two weeks after your last dose of the vaccine. This would be your second dose of Pfizer or Moderna and single dose of Johnson and Johnson.