

## **PARISH NURSE NOTES – FEBRUARY 2021**

### **COVID-19 Vaccination Information:**

There has been a lot of confusion and frustration with obtaining information and actually getting the vaccination. Let me help you. Whatever I don't know, we can obtain the facts from the local Virginia Department of Health. I have been helping at the vaccine clinics at Winchester Medical Center/Conference Center and Shenandoah University/James R. Wilkins Jr. Athletics & Events Center. I saw a remark from someone that was so impressed with the process at SU, they said "This place is like Chic-fil-A on steroids". WOW

OK. Down to business. Ways to get an appointment: 1) call 540-538-8000 at noon Monday thru Friday, especially if you don't have/use a computer. 2) go online at <https://www.valleyhealthlink.com/c19vaccinations> at noon Monday thru Friday to make an appointment.

Information: phases of vaccinations:

- 1a- healthcare workers & residents of Long Term Care Facilities
- 1b- frontline essential workers (police, fire, hazmat), people over 65, people 16-64 with underlying medical conditions, correctional facilities, homeless shelters, migrant labor camps, Childcare/PreK-12 Teachers/Staff
- 1c- other essential workers

If you have already received your first dose thru Valley Health clinic, DO NOT register for your second dose using these links. A message will be sent to your email. If you do not have email, you will receive a call to schedule your second appointment.

You can register for clinics in Winchester, Front Royal, Woodstock, depending on where you live.

- What to bring: photo ID, if you're with a school system, bring your employee ID badge, if 65 & older, bring ID with date of birth.
- Wear short sleeves or a shirt that provides easy access to your upper arm. We have been using the non-dominant arm for injection
- Be prepared to stay at least an hour for registration, injection, and observation.

You may not be able to get the vaccine if you:

- Are currently having COVID-19 symptoms
- If you have any other vaccine(s) in the last 14 days
- Have had a severe allergic reaction that required medical intervention
- Allergic to any component of the COVID-19 vaccine

**Hope this information has been helpful.**