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FOR IMMEDIATE RELEASE

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## **GETTING YOUR SECOND COVID-19 VACCINE: WHAT YOU NEED TO KNOW**

WINNEMUCCA, Nev.— Humboldt County residents who participated in the March 8-9 POD should plan to return to the Winnemucca Events Center April 5-6 for the second dose of the vaccine.

Humboldt County released the second dose [registration site](#) on Monday, March 22; participants will need to bring [completed paperwork](#), their confirmation “ticket” and their vaccination card.

The drive-through POD (point of distribution) will once again be organized by Humboldt County Community Health Nurse Marsha Foreman, RN, and Humboldt County Emergency Manager Captain Sean Wilkin.

Together the two, along with a small army of healthcare, law enforcement and community workers, will provide the second dose of the Moderna COVID-19 vaccine to nearly 1,400 Humboldt County residents over the course of the two-day event.

Foreman and Wilkin have expressed concern, however, that several hundred first-dose participants have yet to sign up for the second dose.

“I’m not sure why a person would not complete the two-dose series,” said Foreman. “If you don’t get the second shot, you’re not fully protected, and you’re also not fully protecting others.”

Foreman said vaccine allocations are specific to their respective points of distribution and if residents miss their second-dose opportunity, they likely won’t have another one.

“We do not have a supply of vaccine in our back room that we can just draw from,” she said. “If people start with a two-dose series, they need to get their second dose from the same place they got their first dose within the proper timeframe.”

For the March 8-9 Moderna vaccine distribution, that timeframe is 28 days. Foreman said the body does build some immunity following the first dose, but clinical trials and data show that persons won’t hit the 90+ percent protection range against the virus until a week or more following the second Moderna vaccine.

“The clinical trials were completed with a two-dose series, so it is also unknown how long any immunity

from a single dose will last,” she said.

Foreman said residents may experience some side effects following the second dose including arm pain, fever, chills, body aches, headaches and fatigue.

“There are normal and expected symptoms,” she said, “and a good sign that your body’s immune system is working.”

Foreman said the symptoms should go away after a few days—usually around 48 to 72 hours. Residents may take acetaminophen to lessen any side effects; Benadryl is also OK to ease any allergy-type reactions.

Those who experience prolonged, unexpected or severe symptoms should contact their medical provider or seek immediate medical attention.

Local residents who have yet to begin the COVID-19 vaccination process may contact the Community Health Office, [Humboldt General Hospital](#) or the [Walmart Pharmacy](#). More information is available by calling the COVID-19 recorded vaccine information line at (775) 375-3200 or by emailing [vaccine@humboldtcountynv.gov](mailto:vaccine@humboldtcountynv.gov).

Foreman said youth under age 18 will likely have the opportunity to be vaccinated later this year or in early 2022 after vaccine clinical trials are complete.

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