

# COVID-19 Vaccines: Hear from Your Peers

## OUR QUESTIONS

- 1 Why did you get vaccinated?
- 2 What was your experience?
- 3 Why should other long-term care facility staff members get vaccinated?

**Peggy E., RN**  
Director  
of Nursing



**Lisa E.**  
Program  
Manager



## THEIR ANSWERS

1. To protect myself, residents, staff, family, and friends from COVID-19 exposure from me.
  2. I received the Pfizer vaccines and had some lethargy after both doses but not unbearable.
  3. To protect themselves, residents and their family and friends from possible exposure. I've heard people say the COVID-19 vaccines are too new and not enough is known about COVID-19. However, people go to physicians for medical care and start on brand new medications and never question how new it is and most don't look at the side effects literature. There have been people that I've said this to who have changed their mind and consented to these vaccines.
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1. As an essential worker, I felt it was important to get vaccinated to protect my residents from getting COVID and to help protect family members who were at risk.
  2. I received the Pfizer two-shot vaccine and had a good experience. My arm was a little sore after the first shot, but that was it.
  3. Others should get vaccinated so there is less risk of spreading Covid to their residents or their families.

Get your **FREE** vaccine!



Learn more at [vdh.virginia.gov/covid-19-vaccine/patient-education/](https://vdh.virginia.gov/covid-19-vaccine/patient-education/)

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## THEIR ANSWERS



**Kate J.**  
Receptionist

1. I got vaccinated because I care about the health and well-being of others.
2. I had a positive experience overall. The location where I got my shot was extremely efficient. I was in and out in ten minutes both times. As far as side effects go, I was really tired afterwards, but that was it.
3. I think that other senior living staff members should get vaccinated because they are working day in and day out with a population of people who are extremely high-risk. Just because the staff member may be young and healthy doesn't mean they can't contract COVID and pass it on to the resident.



**Moriam A.**  
Medication  
Aide

1. I got vaccinated because the thought of having to be isolated from my family and be away from my residents was difficult and something I didn't want to endure.
2. I received the Pfizer vaccine and only experienced soreness on my arm.
3. Senior living professionals should get vaccinated because prevention is key and helps protect those we serve. As someone who had COVID, it was tough to fight. I had never been that sick. If getting the vaccine means I have the ability to protect others, then it's a no brainer for me.

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**Whitney W.**  
Director  
of Lifestyles



**John C.**  
Food Service  
Director



## THEIR ANSWERS

1. To protect my residents, family, friends, and myself.
  2. Before vaccinations were available, I was diagnosed with COVID-19 and it was scary. I didn't have major complications but I knew others that did and almost lost someone very close to me. I was nervous at first with getting the shot but knew in the long run it would be beneficial for everyone. Once I received the first shot, it was easier for me to help educate others on the importance of the shot, and to realize it was a quick process that could save so many lives which made it even more worth it.
  3. To protect others around them and themselves.
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1. I got vaccinated because I wanted to protect my residents and my family.
  2. I had received the Pfizer vaccine. The first shot, I had a sore arm which I probably could have prevented if I had massaged or moved it more. The second shot I felt like I had the flu for about 24 hours but after that, I was fine.
  3. They should get vaccinated because we come and go home every day. We risk bringing it in, a then back home to our families/public when we return from work.

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## THEIR ANSWERS

**Tim L.**  
Maintenance  
Director



1. I have family with issues that could prove deadly should they be exposed to COVID.
2. First shot: pain at the injection site for a few days. Second shot: injection site pain coupled with flu-like symptoms such as headache, chills, body aches, etc.
3. It's the lesser of two evils. One day of considerable discomfort from the shot, versus a week or more should you become infected with COVID. Granted, some have had bad reactions to the vaccines, but those are relatively few compared to the number of those who have had their lives changed for the worse by COVID.

**Ashleigh D.**  
Executive  
Director



1. I made the decision to get vaccinated because I wanted to do my part to protect my residents, team members, and my own family.
2. I received the 2-dose Pfizer vaccine and did not experience any side effects other than soreness at injection site.
3. I believe that other senior living professionals should get vaccinated because it's one of the tools we've been given to protect and help stop the spread of COVID-19 in our communities. The more people are vaccinated, the more moments of joy we are able to create between residents and their families.

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## THEIR ANSWERS

**Brandy S.**  
Infection  
Preventionist



1. I chose this field of work so I can protect and educate when needed; this was my time to shine.
2. I did get side effects which are expected. My body was making a blueprint to fight off COVID if I was ever exposed again.
3. Getting vaccinated is important because it protects your health and the health of your community. Many serious diseases in the past have been mitigated through the development of vaccines, and it is truly amazing that science has advanced far enough to combat viruses like COVID-19 through a convenient shot. Getting vaccinated gets us one step closer to ending this pandemic and who doesn't want that?

**Lender G.**  
Housekeeping



1. I got vaccinated because I wanted to protect my residents and be able to travel back home to see my family in Venezuela at some point this year.
2. I received the Pfizer vaccine and didn't have any side effects.
3. I believe more people in senior living should get vaccinated to better protect our residents.

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**Paulyn H.**  
Activity  
Assistant



**Shawn H.**  
Recreation  
Services Director



## THEIR ANSWERS

1. I decided to take the vaccine when it first was offered by the company because I wanted to do my part in protecting not only my friends and family, but also the community I work at.
  2. Getting the vaccine itself was pretty easy and didn't take long. The first dose side effects hit me a lot harder than the second dose. But it was worth it knowing I was helping others.
  3. I believe it's important to take the vaccine because it's a preventative precaution. The residents in my community have a higher chance of getting COVID. If I could do something to help stop the spread of COVID, I will and did. Others should help out as well to the best of their ability to keep our residents safe.
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1. I got vaccinated for myself, my family, residents, and the community.
  2. I got the Pfizer Vaccine and had no troubles. I never felt sick. If anything, I was sore around the injection site but I get that when I get the flu shot.
  3. Other long-term care facility staff should get the vaccine simply because it's the right thing to do for yourself, family, the residents you work with and the community.

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