



COVID-19 Vaccine FAQs

Harris Teeter's role in administering COVID-19 vaccines

As the COVID-19 vaccine becomes more available across the country, many people have questions about our position on the vaccine and when it will be available to associates. Your safety remains our top priority, and we strive to provide the information you need to stay as safe as possible at home and at work. Below you will find answers to some frequently asked questions. We hope this will help you make an informed decision for you and your loved ones concerning the COVID - vaccine:

Q: What is Harris Teeter's role in administering the COVID-19 vaccine?

A: Harris Teeter will provide the COVID-19 vaccine across our 211 pharmacies, partnering with the federal government and state health departments to administer the vaccine in accordance with the rollout plan.

Q: When does Harris Teeter anticipate receiving doses of the vaccine?

A: Over the last few months, we have worked closely with the Department of Health and Human Services and Department of Defense as well as the pharmaceutical companies and other businesses to prepare for vaccine authorization.

Now that the U.S. Food and Drug Administration has authorized two vaccines, Pfizer-BioNTech and Moderna, we are supporting the phased approach, focusing first on priority populations as defined by federal and state governments. We are strongly encouraging all customers and associates to receive the vaccine to curb the spread of COVID-19 in our communities, and we'll do all we can to ensure they have access as soon as it's available. We will continue to provide updates.

Q: How is Harris Teeter navigating differing state and jurisdiction plans and standards?

A: Harris Teeter will play an active role in helping distribute the vaccine in collaboration with public health officials and community partners. We're committed to remaining flexible and responsive as the next phase of the vaccines are distributed, always maintaining our most urgent priority throughout this pandemic—to protect and provide a safe environment for our associates and patients while meeting our societal obligation to provide open stores, e-commerce solutions and an efficiently operating supply chain so that our communities have access to fresh, affordable food, essentials and health care.

Vaccine distribution and availability

Q: Who is eligible to get the vaccine and where is the vaccine available?

A: Harris Teeter is following the CDC's phased distribution schedule for administering the COVID-19 vaccine. Learn more [here](#). For more information, visit www.harristeeter.com/covidcare.

Q: Where can I learn more about the authorized vaccines?

A:

- [CDC FAQs](#)
- Moderna: <https://www.modernatx.com/covid19vaccine-eua/eua-fact-sheet-recipients.pdf>
- Pfizer: <https://www.pfizer.com/products/product-detail/pfizer-biontech-covid-19-vaccine>

Q: Will availability of the COVID-19 vaccine limit Harris Teeter's ability to administer other vaccinations (e.g., flu shots)?

A: No. Harris Teeter's experienced Pharmacists will remain committed to helping our patients and associates live healthier lives. The size and scale of our health care operation provides us with the unique ability to efficiently immunize a large portion of the U.S. population without disrupting the other health and wellness services we offer.

Getting the vaccine

Q: How is the COVID-19 vaccine administered at Harris Teeter locations?

A: Our teams are working tirelessly to build a seamless process for patients to check vaccine availability and eligibility, schedule their appointments and ask questions about the vaccination process.

However, individuals interested in receiving the vaccine can expect their appointment to be as fast and simple as getting an annual flu shot—reserve an appointment online, receive your vaccination from a licensed healthcare professional, wait 15 minutes after receiving the vaccine to ensure the absence of any mild side effects and schedule a booster vaccine appointment.

Q: How much will the vaccine cost?

A: Vaccine doses will be provided at no out-of-pocket cost to citizens; however, vaccination providers will be able to charge an administration fee for providing the shot. This may be billed to insurance as an office visit or administration fee for administration of the vaccine; however, you cannot be turned away from receiving the vaccine due to lack of payment.

Q: What identification is required to receive the vaccine?

A: This is dependent on jurisdiction guidance; Driver's License will be required, or government issued ID to put in medical record.

Q: Is the vaccine safe?

A: Safety is a top priority. COVID-19 vaccines are held to the same standards as other vaccines to make sure they are safe. The COVID-19 vaccine development process included several steps comparable with those used to develop earlier vaccines, such as the flu or measles vaccine. For all vaccines in the United States, there is an extensive development and approval process and no safety steps were skipped during the development of these vaccines.

Additionally, active monitoring continues, as is the case for all immunizations, to ensure ongoing safety.

Q: Can I get COVID-19 from the vaccine?

A: No. It is not possible to get COVID-19 from vaccines. To trigger an immune response, some vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from being infected if the real virus enters our bodies.

Q: Will I still have to wear a mask and social distance after I've received both doses of the vaccine?

A: Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often and staying at least 6 feet away from others.

It is clear the vaccines prevent serious illness, but we don't know yet if they will prevent vaccinated people from picking up the virus and spreading it to others. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities will also affect this decision.

Q: What are the side effects?

A: The side effects will vary slightly from person to person and depending on which vaccine you receive. Most reported side effects are consistent with other vaccines. For example, vaccine injections may cause mild flu-like side effects — including soreness at the injection site, headaches, muscle aches and fever.

These symptoms do not mean you have been infected with COVID-19, but they do indicate your immune system has begun working to make the cells and proteins necessary to protect you from severe illness if you are exposed to COVID.

Associate vaccinations

Q: Is Harris Teeter requiring associates to receive the vaccine?

A: No. At this time, we are strongly encouraging associates and customers receive the vaccine to curb the spread of COVID-19.

Q: If I already had COVID-19 and recovered, will I still need a vaccine?

A: Vaccination should be offered to persons regardless of history of prior symptomatic or asymptomatic COVID-19 infection. Vaccination of persons with known current COVID-19 infection should be deferred until the person has recovered from the acute illness (if the person had symptoms) and criteria have been met for them to discontinue isolation.

Additionally, while there is no recommended minimum interval between infection and vaccination, current evidence suggests that reinfection is uncommon in the 90 days after initial infection. Thus, persons with documented acute COVID-19 infection in the preceding 90 days may delay vaccination until near the end of this period, after consultation with their health care provider.

NOTE: For those persons who previously received passive antibody therapy (e.g., Regeneron, Eli Lilly antibody therapy, monoclonal antibodies) for COVID-19: Vaccination should be deferred for at least 90 days.

Q: How many doses of COVID-19 vaccine will be needed?

A: The mRNA vaccines require two doses. For the Pfizer vaccine, doses should be separated by 3 weeks. For Moderna's vaccine, doses should be separated by 28 days. The two mRNA vaccines are not interchangeable per the United States Food and Drug Administration. A person should be sure they know which one they received for the first dose and be clear about when they should return for the second dose, particularly because the vaccines require both doses to have maximum protection.

Q: What if I miss my second dose?

A: It is important that you receive your second dose. The COVID-19 vaccines that require two doses are not completely effective unless you receive the second dose. You should ask to schedule your second dose at the time you receive your initial dose. If you miss your second dose, reach out to the provider for recommendation of next steps.

Q: Will the COVID-19 vaccine be an annual shot?

A: We don't know yet. Scientists are still studying this and will determine this once the vaccine is distributed and more data becomes available.

Q: How long will vaccine immunity last?

A: We do not yet know how long immunity lasts after infection or vaccination

Q: Will I be able to receive the COVID-19 vaccine at the same time as other vaccines?

A: If possible, people should separate their COVID-19 vaccinations by at least 14 days from any other vaccine (before or after). This recommendation is based on the fact that we currently do not have data regarding whether the COVID-19 vaccines will affect, or be affected by, other vaccines.

Studies to determine whether COVID-19 vaccines can be given with the flu vaccine or the shingles vaccine will be completed; these types of studies are called "concomitant use studies."

Q: If I cannot take a flu shot due to an egg allergy, can I receive the Covid-19 vaccine (either Pfizer or Moderna)?

A: Both brands (Pfizer and Moderna) are cell-based vaccines (RNA). Therefore, they do not contain any human or animal cells in their development. Since they aren't grown in eggs like some flu vaccines, you should be safe.

However, if you have experienced an allergic reaction to any prior vaccine or injectable medication other than a rash, you should discuss it your health care provider first and receive the vaccine in a setting that is prepared for medical intervention (doctor's office, etc.).