

HELP IS HERE!

The COVID-19 vaccine is now available at a pharmacy in your area.



**SCHEDULE YOUR
APPOINTMENT NOW**

COVID-19 vaccinations will be conducted by appointment only to assure adequate supply. Follow the steps below to schedule your appointment. Vaccinations will be administered according to current state and local eligibility guidelines.

SCHEDULE YOUR APPOINTMENT IN 4 EASY STEPS:

- 1.** Register as a new user. Each patient must register for their own unique account and password.
- 2.** Start the assessment to ensure that you qualify.
- 3.** Search for an appointment using your zip code.
- 4.** Select an appointment, check the box to accept the terms and conditions and click CONFIRM to lock in your appointment. You will receive an email confirmation shortly after that will provide you details about your appointment.

The currently available COVID-19 vaccines are given in a two-dose series. It's important that you receive both doses in a timely manner. Your second dose will be scheduled before leaving your first appointment.

CLICK HERE TO MAKE YOUR APPOINTMENT: [SpartanNash COVID-19 - Member Login \(pdhi.com\)](https://pdhi.com)

FREQUENTLY ASKED QUESTIONS

Who is eligible?

Martin's Pharmacies will be administering vaccines according to state and national prioritization guidelines. If you have questions about whether you are currently eligible for the COVID-19 vaccine, please contact your pharmacy.

Is there a minimum age requirement?

Currently available COVID-19 vaccines are approved for persons age 16+.

Is it free?

There is no out of pocket cost for the COVID-19 vaccine. Your insurance card and identification will be required.

Are there side effects?

Some patients may experience side-effects after receiving the COVID-19 vaccine. Side-effects reported with the vaccine include:

- Pain, redness, tenderness, and/or swelling at site of injection or in the arm where you received the injection
- Fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever.

These side effects generally go away after a few days. If you have side effects that last longer than two days, please contact the pharmacy for more information.

If you experience a severe allergic reaction, call 9-1-1 or go to the nearest hospital.

What allergies are affected by the vaccine?

Your pharmacist will review any history of severe allergic reactions with you prior to administering the vaccine.

How many shots are required?

One shot per dose. The currently available COVID-19 vaccines are given in a two-dose series, 21 or 28 days apart. It's important that you receive both doses to assure you have maximum immunity against the virus.

What safety measures will be taken when administering the vaccine?

- If you are sick or not feeling well on the day of your appointment, please contact the pharmacy to reschedule your appointment for a later date. Please do not come to the pharmacy or clinic site if you are sick.
- Be sure to wear a face-mask when you come to the pharmacy or clinic site. If you do not have an appropriate face-mask, one will be provided to you at the site.
- The pharmacy staff administering your vaccine will wear proper PPE including a face-mask and shield as well as gloves.
- The immunization administration area will be sanitized between patients.

What should I expect at my appointment?

- Be sure to wear a face-mask when you come to the pharmacy or clinic site. If you do not have an appropriate face-mask, one will be provided to you at the site.
- Bring your insurance card and drivers license to your appointment
- Check in at the pharmacy pick up window at your assigned appointment time
- Our pharmacy team members will review important information with you about the vaccine and ask you a few questions that must be answered on the day of your vaccination.
- The vaccine will be administered in the form of one shot in the arm.

- Everyone will be asked to wait a minimum of 15 minutes after receiving a vaccination.
- Second-dose appointments will be scheduled by a pharmacy team member on the day of your vaccination. Appointments will be targeted for 21 or 28 days after your first-dose. If for some reason your second-dose must be scheduled at a time later than 21 or 28 days out from your first dose, there is no reason to repeat your first dose.
- After receiving your vaccination, a pharmacy team member will supply you with information on how to participate in a CDC program called v-safe. V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. This allows you to tell the CDC if you have any side effects from getting the vaccine. Your participation in v-safe is appreciated as it helps keep COVID-19 vaccines safe.

FOR MORE INFORMATION ON COVID-19

[CDC Center for Disease Control and Prevention](#)

[WHO World Health Organization](#)