

To our patients (and your loved ones),

Your safety and well-being continue to be our top priority. We want to keep you up to date on the latest news regarding COVID-19 vaccines. These vaccines help **prevent** COVID-19 and are crucial to controlling the spread of the virus.

We strongly recommend that all of our patients, team members, and physicians receive the vaccine as it becomes available, but ultimately it is **your choice**.

What's New?

- Two vaccines have been approved by the Food and Drug Administration (FDA) for use against COVID-19: The **Pfizer vaccine** and **Moderna vaccine**.
- These vaccines are being shipped across the U.S. and each state develops its own plan for who will receive the vaccine and when.
- Healthcare workers and patients in long-term care facilities are receiving the vaccine now.
- When and where dialysis patients can receive the vaccine is still being determined. We will keep you informed as we learn more.

Key Reminders

- **The vaccines are safe.**
 - Both vaccines were tested on up to 40,000 volunteers of different races, ethnicities, and health conditions including kidney disease, diabetes, and cancer.
 - Both vaccines have gone through a full safety review with no short cuts taken. What has allowed the process to move more quickly is the research community working together on a single goal and the speedy shipment of the vaccines.
- **The vaccines are effective.** Both vaccines are approximately 95% effective at preventing COVID-19.

We have included answers to your frequently asked questions. Please reach out to your kidney doctor and care team if you have other questions or want to discuss your specific situation.

We will continue to share updates and in the meantime, we appreciate everything you are doing to keep yourself and everyone in our centers safe.

Sincerely,

A handwritten signature in black ink, appearing to read "Jeff Giullian".

Dr. Jeff Giullian, DaVita's Chief Medical Officer

For the latest information on COVID-19 prevention, visit the CDC website (www.cdc.gov).

Frequently Asked Questions

about the COVID-19 vaccines



The Pfizer & Moderna COVID-19 vaccines are **proven safe and effective for people on dialysis.**

General COVID-19 Vaccine Questions

Should I get a COVID-19 vaccine even if I don't have COVID-19?

- Yes. Similar to a flu shot, the vaccine will help **prevent** you from getting COVID-19.

Can the vaccines give me COVID-19?

- No. This type of vaccine does not contain the actual virus. It is impossible for you to get sick with COVID-19 from the vaccine itself.

When and where can I get the COVID-19 vaccine?

- State Departments of Health (DOH) determine the order with guidance from the CDC. In general, the order is:
 - Phase 1a – Healthcare workers and long term care facility residents
 - Phase 1b – People 75 and older and essential workers
 - Phase 1c – People 65 to 74 and people 16 to 64 with a high risk health condition
- Where dialysis patients can receive the vaccine is still being determined.

Will DaVita force me to get a COVID-19 vaccine?

- No. As a high risk individual, we recommend you get the vaccine, but it is **your choice**.

Questions about the Pfizer and Moderna Vaccines

How do the Pfizer and Moderna COVID-19 vaccines work?

- Vaccines tell your body to recognize COVID-19 so if you come into contact with the virus, your immune system knows to destroy it to keep you healthy.
- Think of a vaccine like a wanted poster that helps your body see what the bad guy looks like, so if faced with the virus, your body is prepared to stop it **before** you get sick.
- Your body breaks down the vaccine naturally and there is no lasting trace.



Do the Pfizer and Moderna vaccines contain any toxic chemicals?

- No. There are **no toxic chemicals in the vaccines**. They are made of mRNA, which is a harmless piece of protein made to look like COVID-19, but it is not the actual virus.
- The vaccines only use products that occur in nature.

How many doses of the vaccines are needed to be effective?

- The vaccines requires 2 doses, 21-28 days apart. **You need both doses.**
- You may not be fully protected against COVID-19 until 7 days after the second dose.



What side effects can I expect after receiving the Pfizer or Moderna vaccine?

- Both vaccines may result in mild side effects, such as pain at the injection site and feeling tired, which are normal and expected with vaccination.

Can dialysis patients safely receive the vaccines? What if I am on the transplant list?

- Yes, both vaccines are safe for dialysis patients and patients on the transplant list. They were tested on dialysis patients and had similar safety and effectiveness.

What if I have a weakened immune system because of other health conditions or because I have recieved a transplant?

- The vaccines are safe and were tested on patients like you.
- While there is no safety risk to getting the vaccine, the vaccine's effectiveness in your body is not yet known. Because your body is less capable of building immunity, we reccomend you talk with your doctor before receiving the vaccine.

Will the vaccines impact my DNA or my genetic code?

- No. This vaccine does not impact your DNA or your genetic code.

Who should NOT get a COVID-19 Vaccine?

- The Pfizer vaccine is recommended for most people 16 and older.
- The Moderna vaccine is recommended for most people 18 and older.
- Talk to your doctor if you have had an allergic reaction to a vaccine before.



Many of DaVita's team members and physicians will be receiving the vaccine in the coming weeks. We are so confident the vaccine is safe and effective we're getting it ourselves. Our goal is to help keep you as safe and healthy as possible!