



**Divisions**

Behavioral Health Services  
Primary Health  
Public Health  
Departmental Administration

**County of Sacramento**

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Dear Business Owner,

COVID-19 vaccinations are one of the best ways you can protect your workplace, your employees, and your customers. By providing information about the vaccine and establishing supportive policies and practices, employers can help increase vaccination among employees helping to assure a safe work environment and get business back as usual.

There are numerous vaccination clinics throughout Sacramento County every week. We have enclosed information on resources for you to provide to your employees. These include:

- Template Letter to Employees
- COVID-19 Vaccine Fact Sheets
- List of Vaccine Locations in Sacramento County

Please share these resources with your employees and encourage them to get vaccinated against COVID-19. The vaccine can help protect your employees' health and reduces the risk of a COVID-19 outbreak at your business, which can be disruptive due to missed work.

Again, thank you for supporting our COVID-19 vaccination efforts. If you have any questions about the COVID-19 vaccine, you can e-mail us at [COVID19vaccine@saccounty.net](mailto:COVID19vaccine@saccounty.net).

Sincerely,

The Sacramento County Public Health COVID-19 Vaccine Team

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**Division of Public Health**

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## Letter to Employees

*This letter about COVID-19 vaccination can be sent to your employees.*

Dear **Employee**,

Across the country, the COVID-19 pandemic is having devastating effects. We appreciate how much you have already done to adapt during this challenging time. As you know, we have been taking preventive measures at **{INSERT YOUR COMPANY NAME}** against COVID-19 for the past several months to help keep you, our entire staff, your families, and our customers safe. We have worked under some uncertain and often stressful conditions, and you have helped make it possible for us to continue our essential operations.

It's important that essential workers like you are vaccinated because of your role in maintaining critical infrastructure operations. Essential workers are at increased risk of getting COVID-19 and spreading it to others because work-related duties must be performed on site and involve being in close contact (within 6 feet for a cumulative total of 15 minutes in a 24-hour period) with the public or coworkers.

Getting the COVID-19 vaccine gives you an added layer of protection against COVID-19 and could also protect your coworkers and your family. Here are some key points about COVID-19 vaccination:

- All COVID-19 vaccines available in the United States are very effective at preventing the disease.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.
- Stopping a pandemic requires using all the tools we have available—wearing masks, staying at least 6 feet from people who don't live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently, and getting vaccinated.
- **{If you have scheduled vaccination clinics}** Your health and safety continue to be our priority and, to ensure convenient access to vaccination, we will have vaccines available to our staff at **{INSERT INFORMATION ABOUT WHERE TO GET VACCINATED}**.

If you have questions about our vaccination clinics, please contact **{INSERT NAME AND CONTACT INFORMATION FOR YOUR COMPANY'S POINT OF CONTACT}**.

If you want to know more about COVID-19 vaccines, visit [www.cdc.gov/coronavirus/2019-ncov/vaccines](http://www.cdc.gov/coronavirus/2019-ncov/vaccines).

Sincerely,

**{INSERT SIGNATURE OF COMPANY LEADER}**

# WHAT YOU NEED TO KNOW ABOUT COVID-19 VACCINES



## Is the vaccine safe?

- COVID-19 vaccines are safe and they work.
- These vaccines cannot give you COVID-19. You may have side effects after vaccination, but these are normal.
- Millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone the most intensive safety monitoring in U.S. history.
- The COVID-19 vaccine is both **safe and effective in children ages 12 and older**. Safety is a top priority for the vaccine, and the FDA's approval is based on safe clinical trial results.
- You should review reliable information about the safety and importance of getting the COVID-19 vaccine. Doing this research can help you understand the facts.

## Where can I get a vaccine in Sacramento?

- In Sacramento you can go to many different locations such as health clinics and hospitals, Safeway Pharmacies, CVS, Rite Aid, Walgreens, Walmart, Cal Expo, Cal Expo, McClellan Park and many other smaller community sites.

## Who can get a vaccine?

- **Anyone age 12 or older** can get a COVID-19 vaccine. Vaccines are expected to be approved for children under 12 later this year.
- Parental consent is required for youth under 18.
- **Youth who are under 18 will need to get the Pfizer vaccine.** The other two brands (Moderna and Johnson & Johnson) are not approved for anyone under 18.

## Do I need an appointment to get vaccinated?

- Some locations ask you to have a scheduled appointment but many are now taking walk-ins without an appointment.
- You can make an online appointment at <http://bit.ly/SacCountyVaccine> or <https://myturn.ca.gov/>
- Many sites are taking phone appointments.
- If you need help making an appointment you can call 211 or (916) 529-4519.

## What should I bring with me to the vaccine appointment?

- Any form of identification with a name and a birthday, if available.
- U.S. Citizenship or legal residency is not required.
- Insurance is not required. All vaccines are **FREE**.

## What are the benefits of getting vaccinated for COVID-19?

The COVID-19 vaccine is very effective keeping people from getting COVID-19. The benefits of vaccinating include:

- **Protection from severe or long term illness:** Some people who get COVID-19 can become severely ill, which could result in hospitalization, and some people have ongoing health problems several weeks or even longer after getting infected. Even people who did not have symptoms when they were infected

can have long-lasting symptoms, including fatigue, difficulty breathing, joint pain and even depression and anxiety.

- **Protecting the community:** People continue to get COVID-19, and they spread the virus to others. This is a very contagious virus, and we need a high level of immunity to stop its spread. To protect our whole community we need people to get immunized. This is especially important for protecting high-risk people. If someone in your family has a weakened immune system, you want to make sure everybody around them is immunized.
- **Preventing COVID-19 variants:** Stopping the spread of COVID-19 is very important for stopping new variants from developing. The more the virus spreads from person to person, the more chance it has to change into a more infectious or dangerous strain.
- **Improving well-being for everyone:** Finally, by getting vaccinated and reducing outbreaks, communities can move one step closer to regular schedules, sports, events and travel. This is important for the physical and mental health of everyone who have been missing those opportunities for the past year.

### Are there side effects of the COVID-19 vaccine?

- You may have some of the COVID-19 vaccine side effects reported in adults, including:
  - chills
  - fever
  - headache
  - muscle pain
  - nausea
  - tiredness
  - pain in the arm near the shot site
- These side effects may be more common after the second dose and are a sign that your body is building protection. Side effects typically go away within 1-2 days after vaccination.

### If I already had COVID-19, should I still get the vaccine?

- **Yes**, once you have finished your 10 day isolation period you can receive the vaccine.
- While people who have recovered from COVID-19 do appear to have some immunity to the virus, we still don't know how powerful that immunity is — or how long it lasts. The vaccine produces antibody response in most everyone.
- The data shows that is the vaccine is actually doing a better job than nature in terms of building immunity.
- We know the vaccines are 95% effective in preventing you from getting COVID-19.



## LEARN THE FACTS

### Can receiving a COVID-19 vaccine cause you to be magnetic?



**No.** Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

Learn more about the [ingredients](#) in the COVID-19 vaccinations authorized for use in the United States.

### Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?



**No.** Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in the U.S. contain a live virus. mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.

Learn more about [mRNA](#) and [viral vector](#) COVID-19 vaccines.

### Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?



**Yes.** If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you.

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that female or male fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

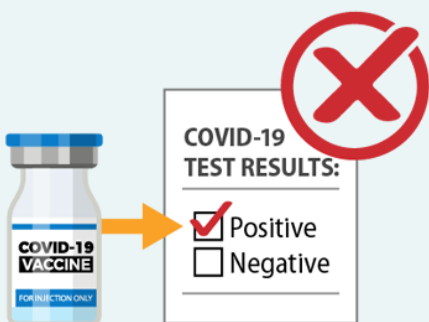
### Will a COVID-19 vaccine alter my DNA?



**No.** COVID-19 vaccines do not change or interact with your DNA in any way. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept.

Learn more about [mRNA](#) and [viral vector](#) COVID-19 vaccines.

### Will getting a COVID-19 vaccine cause me to test positive for COVID-19 on a viral test?



**No.** None of the authorized and recommended COVID-19 vaccines cause you to test positive on [viral tests](#), which are used to see if you have a **current infection**.

If your body develops an immune response to vaccination, which is the goal, you may test positive on some [antibody tests](#). Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus.

Learn more about [the possibility of COVID-19 illness after vaccination](#)

# 2021 COVID-19 SUPPLEMENTAL PAID SICK LEAVE



Covered Employees in the public or private sectors who work for employers with more than 25 employees are entitled to up to 80 hours of COVID-19 related sick leave from January 1, 2021 through September 30, 2021, immediately upon an oral or written request to their employer.

A covered employee may take leave if the employee is unable to work or telework for any of the following reasons:

- **Caring for Yourself:** The employee is subject to quarantine or isolation period related to COVID-19 guidelines or has been advised by a healthcare provider to quarantine, or is experiencing COVID-19 symptoms and seeking a medical diagnosis.
- **Caring for a Family Member:** The covered employee is caring for a family member who is subject to a COVID-19 quarantine or isolation period or has been advised by a healthcare provider to quarantine due to COVID-19, or is caring for a child whose school or place of care is closed or unavailable due to COVID-19 on the premises.
- **Vaccine-Related:** The covered employee is attending a vaccine appointment or cannot work or telework due to vaccine-related symptoms

# COVID-19 VACCINE LOCATIONS IN SACRAMENTO COUNTY

SACRAMENTO COUNTY



Promote • Prevent • Protect

## RX Town Pharmacy

- 3403 Watt Ave, Sacramento, 95821

Open 9am - 5:45pm Mon-Fri, 9am - 1pm Sat  
Pfizer & Moderna

## Dignity Health- Mercy Medical Group

- 4305 Auburn Blvd, Sacramento, 95841
- 3000 Q St, Sacramento, 95816

Pfizer, Moderna and Johnson & Johnson

## Urgent Care Now

- 4345 Arden Way Sacramento, 95864
- 12417 Fair Oaks Blvd Suite 600, Fair Oaks, 95628

Open 9am - 8:30pm Sun-Sat

Pfizer, Moderna and Johnson & Johnson

## McClellan Park

- 5411 Luce Ave, McClellan Park, 95652

Open 10am - 4pm Sun, 9am - 2pm Fri, 10am - 4pm Sat  
Pfizer

## Cal Expo

- 1600 Exposition Blvd Sacramento, 95815

Open 8am - 3pm Sun-Thu

Pfizer

## Kaiser

- 1600 Exposition Blvd, Sacramento, 95815

Open 12am - 11:59pm Mon

## Sutter Walk-In Care

- 2537 Fair Oaks Blvd. Sacramento, 95825
- 1201 Alhambra Blvd, Suite 180, Sacramento, 95816
- 1360 16th Street Sacramento, 95814
- 5406 Sunrise Blvd., Suite 3, Citrus Heights, 95610
- 2860 Del Paso Rd. Suite 100, Sacramento, 95834

Check clinic hours

## Pucci's Pharmacy

- 3257 Folsom Blvd, Sacramento, 95816

## UC Davis Health System Immunization Clinic

- 3160 Folsom Blvd, Ste 1400, Sacramento, 95816

## Carmichael Long Term Care Pharmacy

- 6633 Coyle Ave. Suite #1 Carmichael, 95608

Open 2pm - 4pm Mon-F

## Local Pharmacy & Retail Locations

- Rite Aid

<https://www.riteaid.com/pharmacy/covid-qualifier>

- Sam's Club

[https://www.samsclub.com/pharmacy/immunization?i  
mzType=covid](https://www.samsclub.com/pharmacy/immunization?i mzType=covid)

- Walgreens

[https://www.walgreens.com/findcare/vaccination/covi  
d-19?](https://www.walgreens.com/findcare/vaccination/covid-19?)

- CVS

<https://www.cvs.com/immunizations/covid-19-vaccine>

- Safeway

<https://www.safeway.com/pharmacy/covid-19.html>

- Walmart

<https://www.walmart.com/cp/1228302>

Most locations take walk-ins. Appointments can be made at <https://myturn.ca.gov/>  
or by calling 211 or (916) 529-4519.