



COVID-19 Frequently Asked Questions

FOR PUBLIC TRANSPORTATION WORKERS

Vaccine Access, Effectiveness, and Safety

How do I get vaccinated?

COVID-19 vaccines are here now, and everyone age 12 and older can get them. You have three ways to find vaccines near you:

- Go to [vaccines.gov](https://www.vaccines.gov)
- Text your ZIP code to 438829
- Call 1-800-232-0233

How much do the vaccines cost?

The COVID-19 vaccines are free of charge to everyone in the United States, regardless of your citizenship status and whether you have health insurance.

How effective are the COVID-19 vaccines?

All FDA-authorized COVID-19 vaccines prevent nearly 100% of hospitalizations and deaths due to COVID-19.

Is it safe for me to get a COVID-19 vaccine?

Yes, the [COVID-19 vaccines are safe](#). The FDA-authorized COVID-19 vaccines were tested in large medical studies to make sure they meet strict safety standards. Tens of thousands of people of different ages, races, and ethnicities, as well as people with different medical conditions, participated in these studies to see how well the vaccines work and how safe they are. Also, the FDA and CDC continue to closely monitor the COVID-19 vaccines' safety now that they're available to the public. More than half of adults in the United States are now fully vaccinated, and results from safety monitoring efforts are reassuring.

Can any of the vaccines give me COVID-19?

None of the available COVID-19 vaccines contains the live virus that causes COVID-19. That means that the COVID-19 vaccines can't make you sick with COVID. You may experience some side effects after getting vaccinated, though. They are normal signs that your body is building protection against the virus.

What are the side effects of a COVID-19 vaccine?

Some people may experience [side effects](#) after getting vaccinated, but they are generally mild and last at most a few days. You might have pain, redness, or swelling in the arm where you got the shot, and you might experience feeling tired, headache, muscle pain, chills, fever, or nausea.

Talk to your doctor about taking over-the-counter medicine like ibuprofen, acetaminophen, or aspirin for any pain or discomfort you may have *after* getting vaccinated. Don't take over-the-counter medicine before your vaccine appointment to try to prevent pain or discomfort.

Do I need to get a COVID-19 vaccine if I've already had COVID?

Yes, [you should get vaccinated even if you've already had COVID-19](#). Scientists don't know yet how long the natural antibodies of people who have had COVID-19 will protect them from being infected again.

Workplace Safety

How do I protect myself and others from COVID-19 at work?

As a public transportation worker, you regularly interact with the public and spend a lot of time in confined spaces, putting you at higher risk of coming into contact with the virus that causes COVID-19.

The best way to protect yourself and others against COVID-19 is to get vaccinated. [All people ages 12 and older](#) can get vaccinated now.

SAFETY IS THE TOP PRIORITY

The FDA and CDC have the highest standards when it comes to ensuring the safety and effectiveness of vaccines. Their process includes the following procedures:

- ✓ Scientists must first test vaccines extensively in medical studies to ensure they are safe and effective.
- ✓ Before the FDA authorizes a vaccine for use among the public, it ensures its safety by independently:
 - Reviewing the data from the medical studies, and
 - Inspecting the manufacturing facilities.
- ✓ Even after a vaccine has been authorized, the FDA and CDC closely monitor vaccine administration to identify even rare side effects or reactions.
- ✓ The FDA and CDC closely review any reports of side effects or reactions and share these facts with the public.

The extremely rare cases of blood clotting following Johnson & Johnson's Janssen vaccine—just a small number of cases out of millions of vaccinations—show that the FDA and CDC's vaccine safety monitoring systems work and catch even the rarest of reactions.

A thorough investigation has confirmed that Johnson & Johnson's Janssen vaccine is safe and effective.

And doctors have been notified and trained to understand the signs to watch for and the proper course of treatment if blood clots occur.



Public transportation workers [should also take some additional steps](#) to stay safe against COVID-19:

- Stay home if you feel sick. And tell your supervisor if you've recently been in contact with someone who has COVID-19.
- [Wear a mask](#), and think about carrying a backup mask just in case.
- [Wash your hands frequently](#). If soap and water aren't available, use hand sanitizer with at least 60% alcohol. If your workplace is running low on products, such as soap and water or hand sanitizer, talk to your supervisor about getting more. Remember not to touch your nose, mouth, eyes, face, or food with unwashed hands.
- Try to stay at least 6 feet apart from customers and coworkers whenever possible.

I'm concerned about workplace violence associated with COVID-19 prevention policies. Are there any helpful resources?

If you ever fear for your safety or the safety of others, call 911.

CDC has compiled [various resources](#) to help employers and employees both prevent and deal with workplace violence. The intended audience for these resources was retail and service businesses, so some information may not be applicable to the public transportation setting.

What should I do to cope with stress?

Mental health is an important part of worker safety and health. The COVID-19 pandemic has created new challenges in the ways many people work and connect with others, which may raise feelings of stress, anxiety, and depression.

Information and resources about mental health, knowing signs of stress, taking steps to manage stress, and knowing where to go if you need help are available at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

If I'm fully vaccinated, do I still have to wear a mask at work?

Once you're fully vaccinated (2 weeks after your final dose), you can resume activities without wearing a mask or physically distancing—except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance. That means [public transportation workers must continue to wear a mask at work](#).

For everyone's safety, federal law requires everyone over age 2 to wear a mask on planes, buses, trains, and other forms of public transportation until COVID-19 is no longer a public health emergency. People with disabilities that prevent them from safely wearing masks are exempt from this requirement.

A mask is a simple barrier that helps stop your respiratory droplets from reaching other people. [Your mask](#) should be made of at least two layers of a tightly woven breathable fabric, such as cotton, and it should not have exhalation valves or vents.

For more information on wearing face masks while on conveyances and at transportation hubs, visit the U.S. Department of Transportation [website](#).

If I've had COVID-19, when can I return to work?

According to CDC, you can go back to work [on three conditions](#):

1. At least 10 days have passed since you first felt ill;
2. At least 24 hours have passed since you last had a fever (and you haven't used any fever-reducing medicines); and
3. Your other symptoms have improved.

What should I do if I have COVID-19 or think I have been in contact with someone who has COVID-19?

If you're fully vaccinated (2 weeks after your final dose) and you don't have any symptoms of illness, you don't have to quarantine after being in contact with someone who has COVID-19. But if you're experiencing COVID-19 symptoms, you should get a [COVID-19 test](#) and immediately notify your employer if you test positive. Talk to your health care provider and follow [CDC recommended steps](#) to self-isolate or seek care, and don't return to work until you meet the criteria to [stop isolating at home](#).

Can my job require me to prove that I got vaccinated?

Yes, your employer can ask you to provide documentation that you are vaccinated against COVID-19 in order to work. The [Health Insurance Portability and Accountability Act](#) (HIPAA), and with certain exceptions, other [federal laws](#), allows this. But your state might limit what employers can ask you, so check with your state government's website to see what's allowed as a condition of employment.

Also, under [current federal policy](#), federal employees and contractors don't need to prove they've been vaccinated against COVID-19 to work in federal buildings, on federal lands, and in other settings as required by their job duties.