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Health Department of Northwest Michigan COVID-19 Update

Valuable data collected on side effects through COVID V-safe program

V-safe, an after COVID-19 vaccination health check-in, is helping providers across the country learn more about and possible side effects from the vaccine.

Operated by the Centers for Disease Control (CDC), V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after receiving a COVID-19 vaccine. Through the opt-in program, users can quickly tell the CDC if they have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you and get more information.

"I encourage everyone who receives a COVID vaccine to participate in the V-safe program," said Dr. Josh Meyerson, Medical Director for the Health Department of Northwest Michigan. People can register anytime in 21 days after getting the vaccine but it is best to start on the day you get your first dose, he noted.

Health Department staff and volunteers are distributing a flyer about V-safe during vaccination clinics. It is optional to participate and does not impact the ability to obtain a second vaccination or report any side effects you may be experiencing to your primary care provider.

"The more people who participate in V-safe, the better the data," Meyerson said. "The data helps us better understand how common side effects are, how long they last, and factors that may influence them. What we are already learning from this and other monitoring systems is that the COVID-19 vaccines are very safe, and although some people experience mild symptoms after receiving the vaccine, they are short lived."

The V-safe program also reminds people to get their second dose.

To register, you need your smartphone and information about the COVID-19 vaccine you received. This information is found on the vaccination record card received during your vaccination. Once registered, you'll receive check-in text messages to click. After clicking the link, a series of questions will be asked about how you are feeling. During the first week after you get your vaccine, V-safe will send a text message each day. Then, you'll get a check-in message once a week for up to five weeks. The questions take less than five minutes to answer.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For more information, visit nwhealth.org.

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If you need a second dose of vaccine, V-safe will provide a new six-week check-in process so you can share your second-dose experience as well. Finally, you'll receive check-ins 3, 6, and 12 months after your final dose of vaccine. You can opt out of receiving the text messages and check-in process at any time.

Today, February 3, the health department is reporting 17 new cases: Antrim (1), Charlevoix (4), Emmet (6), and Otsego (6) counties. As of 4 p.m. today, the Health Department of Northwest Michigan is reporting:

- Total COVID-19 cases in the following counties: Antrim (858), Charlevoix (1007), Emmet (1,414), and Otsego (1,117).
- Recovered COVID-19 cases in the following counties: Antrim (658), Charlevoix (825), Emmet (1,147) and Otsego (933).
- Confirmed COVID-19 associated deaths in the following counties: Antrim (18), Charlevoix (11), Emmet (34), and Otsego (25).

The State of Michigan is reporting 563,893 cases and 14,704 deaths.

Stay up to date on the latest information in the Health Department of Northwest Michigan jurisdiction by [liking and following our Facebook page](#) and visiting our [COVID-19 Data Dashboard](#). To locate a testing facility, visit the [Michigan COVID-19 Test Finder website](#). To track the risk levels of COVID-19 pandemic indicators, visit the [MI Safe Start Map website](#). For more information regarding the COVID-19 vaccine, visit the MDHHS [vaccine website](#) or the [CDC vaccine website](#).

V-Safe flyer provided.



***Get vaccinated.
Get your smartphone.
Get started with v-safe.***



Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.

Sign up with your smartphone's browser at
vsafe.cdc.gov

OR

Aim your smartphone's camera at this code



Learn more about **v-safe** www.cdc.gov/vsafe

