



Prince William Health District

Information Update

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The Prince William Health District What You Should Know:

Can A COVID-19 Vaccine Make Me Sick With COVID-19.

- **Because none of the authorized [COVID-19 vaccines in the United States](#) contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19, or make you Test positive.**
- **The Pfizer and Moderna vaccines do not contain any live virus.** Instead, they work by teaching our cells to make a harmless piece of a “spike protein,” which is found on the surface of the virus that causes COVID-19. After making the protein piece, cells display it on their surface. Our immune system then recognizes that it does not belong there and responds to get rid of it. When an immune response begins, antibodies are produced, creating the same response that happens in a natural infection.
- **You should get a COVID-19 vaccine even if you already had COVID-19.** Getting sick with COVID-19 offers some protection from future illness with COVID-19, sometimes called “natural immunity.” The level of protection people get from having COVID-19 may vary depending on how mild or severe their illness was, the time since their infection, and their age; and no currently available test can reliably determine if you are protected after a COVID-19 infection.

CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days

- **If asymptomatic, followed by 5 days of wearing a mask when around others.**
- **The change is motivated by science showing that the majority of SARS-CoV-2 spread occurs early in the course of illness, generally in the 1-2 days before symptoms begin and the 2-3 days after.**
- **CDC is also updating the recommended quarantine period for those exposed to COVID-19. • The updated recommendations are as follows:**
- **If You Test Positive for COVID-19 (Isolate) Everyone, regardless of vaccination status.** Stay home for 5 days. If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- **If you have a fever, continue to stay home until your fever resolves for 24 hours without fever reducing medication.** Continue to wear a mask around others for 5 additional days.
- **If You Were Exposed to Someone with COVID-19**
- **If you: Have been boosted OR Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR Completed the primary series of J&J vaccine within the last 2 months.** You do not need to quarantine. Wear a mask around others for **10 days** after exposure. Test on day 5, if possible.
- **If you develop symptoms, get a test and stay home.**
- **If you: Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR Completed the primary series of J&J over 2 months ago and are not boosted OR are unvaccinated at all.** Stay home for 5 days. Continue to wear a mask around others for 5 additional days.
- **If you can't quarantine, you must wear a well-fitting mask at all times when around others for 10 days after exposure.** Test on day 5 if possible. If you develop symptoms, get a test and stay home and isolate yourself from others.

For further information about the CDC guidelines please visit [CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population](#)

[| CDC Online Newsroom | CDC](#), or you can email PWHDCD at PWHDCD@vdh.virginia.gov

Community Vaccination Center and Manassas Mall

Appointments are highly recommended, walk-ins are welcomed.

Sign up for appointments at vase.vdh.virginia.gov for either the CVC or the Manassas Mall vaccine clinic

Community Vaccination Center (CVC)

- The Prince William CVC is located at the old Gander Mt. building, which is located at [14011 Worth Avenue, Woodbridge, VA 22192](#).
- **The CVC will offer vaccines for ages 5-11, Now accepting Walk-ins. PLEASE SEE BELOW FOR HOLIDAY HOURS**

HOLIDAY HOURS FOR THE CVC

- December 30, 8 am to 4 pm.
- **December 31- January 2 closed.**
- **Starting January 3, CVC hours WILL NOW be operating Monday through Saturday 8 am to 6 pm.**

Manassas Mall Clinic

- Prince William Health District at Manassas Mall COVID-19 vaccine clinic is located [8300 Sudley Rd, Manassas, VA 20109](#)
- **At Manassas Mall, vaccines for 5-11 year olds will be offered.**

Mall Clinic Hours:

- **Thursday December 30: 10 am to 6 pm** (clinic closed 2:30 pm to 3:00 pm, walk-ins accepted for 12 years and older from 1:00 pm to 2:30 pm, vaccines offered: Pfizer, Moderna, Johnson & Johnson). **By appointment only Pfizer 5-11 year old vaccinations.**
- **Friday December 31: 8 am to 4 pm** (walk-ins accepted for 12 years and older, vaccines offered: Pfizer and Moderna). **No 5-11 year old vaccinations on Fridays.**
- **Saturday January 1: Closed**

- **Monday January 3: 11 am to 6 pm** (Appointments are highly recommended, limited walk-ins accepted, vaccines offered: Pfizer, Moderna, and Johnson & Johnson). **Pfizer 5-11 year old vaccinations, 16 and older boosters.**
- **Friday January 7: 11 am to 6 pm** (Appointments are highly recommended, limited walk-ins accepted, vaccines offered: Pfizer, Moderna, and Johnson & Johnson). **Pfizer 5-11 year old vaccinations, 16 and older boosters.**
- **Saturday January 8: 11 am to 6 pm** (Appointments are highly recommended, limited walk-ins accepted, vaccines offered: Pfizer, Moderna, and Johnson & Johnson). **Pfizer 5-11 year old vaccinations, 16 and older boosters.**

.Mobile Clinic Unit

- **Tuesday January 4, from 11:30 am-5:30 pm**
- **U-mart, 17987 Dumfries Shopping Plaza, Dumfries, VA. 22026**
- COVID-19 Vaccines Pfizer (for 12 and older) Moderna, Johnson and Johnson (18 and older). Pfizer 5-11 year old vaccinations offered while supplies last.
- No appointments are required. Walk-ins are accepted as long as supplies last. Weather permitting.
- **Thursday January 7, from 11:30 am-5:30 pm**
- **Fresh World grocery, 9540 Liberia Ave., Manassas Va. 20110**
- COVID-19 Vaccines Pfizer (for 12 and older) Moderna, Johnson and Johnson (18 and older). Pfizer 5-11 year old vaccinations offered while supplies last.
- No appointments are required. Walk-ins are accepted as long as supplies last. Weather permitting.

Protection From COVID-19: The CDC and VDH continue to recommend wearing your mask, washing your hands, social distancing, and avoiding large crowds as additional ways to continue to protect yourself from contracting COVID-19 and its variants.

Testing

- If you think you may have COVID-19, you can visit the [VDH website to locate COVID-19 testing sites](#) or visit
- <https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>
- You can reach out to your healthcare provider for COVID-19 testing. Pharmacies offer COVID-19 testing and sell over-the-counter home testing kits. <https://www.vdh.virginia.gov/coronavirus/covid-19-testing/walgreens-partnership/>