

City of Tolleson
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Tolleson, AZ 85353
(623) 936-7111



A publication for Tolleson residents.

February 2021

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Mayor**
Juan F. Rodriguez

Vice Mayor
Clorinda Erives

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Lupe Bandin
Jimmy Davis
Adolfo Gamez
Linda Laborin
Albert Mendoza

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Departments
Building Department
(623) 936-7111
Community Action Program
(CAP) *Residential Assistance
Programs*
(623) 936-2760
Fire Department
(623) 936-8500
Parks and Recreation Center
(623) 474-4992
Parks
(623) 936-7141
Permits
(623) 936-7111
Police Department
(623) 936-7186
Sanitation (Trash Pick Up)
(623) 936-7141
Senior Center
(623) 936-2760
Street Maintenance
(623) 936-7141
Tolleson Public Library
(623) 936-2746
Water/Waste Water
(623) 936-3381

www.tollesonaz.org



@cityoftolleson

Tolleson News

City of Tolleson COVID-19 Update

Since January 1st, Arizona has been averaging nearly 10,000 new cases of COVID-19 each day, and there have sadly been record deaths as well. In Tolleson, we continue to partner with Embry Womens Health to provide convenient, accessible testing for our residents and the entire West Valley. Embry currently staffs two facilities in Tolleson, and has conducted tens of thousands of tests to date. The testing sites are open to Tolleson residents, however importantly also function as regional venues which serve the West Valley. Embry Women's Health is currently conducting about 25% of all COVID testing throughout the state. This testing has proved to be extremely vital to our residents, and we are firmly convinced that it has saved lives by identifying those who were COVID positive, who subsequently used that knowledge to quarantine and thus reduce the spread of this nefarious disease.

City facilities, administrative offices and parks remain closed to the public. Services are being offered in a virtual format from library curbside to applying for business licenses. Currently Veterans Park, its facilities and the city hall parking lot are being utilized as a drive-through COVID-19 testing sites.

The Tolleson Community Action Program Office has:

- Offered Home Delivered Meals/Congregate Meals: 90-100 meals delivered daily (40% increase from last year)
- Assisted 314 families/899 residents with utility/rental assistance from July 1, 2020 to December 31, 2020.
- Obtained \$921,000 from Maricopa County to help families in need due to loss of job, reduction of income, unexplained expenses and COVID related crisis for the health/safety of clients.
- Obtained \$50,000 from the Maricopa County Human Services Department for temporary staff, who assisted with processing applications for rental/utility assistance.
- Obtained \$80,000 from Maricopa County Public Health for temporary staff, who helped with promoting programs offered by the City such as: COVID Testing Site, Free Shelter for COVID + residents, water assistance program, utility and rental assistance program.

As we continue to navigate through this pandemic, we ask residents, business owners, our Tolleson workforce and visitors to continue to practice healthy habits to help slow the spread of COVID-19.

- Wash your hands for at least 20 seconds
- Clean and then disinfect frequently used surfaces
- Stay home if you're sick
- Avoid touching your face
- Wear a CDC approved mask

Learn more about staying safe and healthy at cdc.gov/covid19

Stay Connected with the Virtual Tolleson Talks

At the City of Tolleson, we remain dedicated to having conversations with guest speakers from various city departments and making them available to everyone. Mayor Juan F. Rodriguez invites you to take part of the virtual Tolleson Talks to learn about different programs and departments within the City. **If you have specific questions for the guest speakers you can submit questions prior to the virtual talks via email at public.affairs@tolleson.az.gov.**

Tolleson Talks will be hosted virtually on Zoom and residents will be able to attend online and will also be able to call in. Each segment will feature a restaurant as part of a T-Town Treats campaign supporting businesses in the Paseo de Luces corridor in Tolleson.

**February 17 Co-host Vice-Mayor Clorinda Erives
Guest Speaker: Tolleson Police Chief Rudy Mendoza
T-Town Treats: Maskadores**

Visit www.tolleson.az.gov for a link to the virtual Tolleson Talks or email public.affairs@tolleson.az.gov to receive information on how to log in.

Virtual T-Town Talks 2021: April 21, June 16, August 18, October 20 and December 15

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Tolleson Residential Assistance Available at the Community Action Program Office

As a partner agency of Maricopa County Human Services Department, the Tolleson Community Action Program office offers rental/ assistance and housing programs to households in Tolleson. Learn about the different programs offered at the CAP Office.

Utility/Rental Assistance:

The Community Action program continues to help families in need of rental and utility assistance. Please contact the Tolleson CAP office Monday-Thursday between 8am to 12pm, for assistance. (623)-936-2760.

Water Bill Assistance Provided by Maricopa County Human Services Department:

Maricopa County Human Services Department can assist with past-due water bills. City of Tolleson residents can contact (602)-506-2000. Please leave a voicemail with your name, address and contact information and a case worker from the county will return your call. This program is being administered by Maricopa County Human Services case workers. If you have additional questions/concerns about this program, feel free to contact the Tolleson Community Action Program office at (623)-936-2760.

Housing Programs:

The City's Housing & Revitalization division continues to provide the following services (<https://www.tollesonaz.org/582/Housing-Revitalization>)

- Home repairs for qualified homeowners (Housing Rehabilitation Program)
- Demolition of unsafe/dilapidated residential structures (Residential Demolition Program)

For Tolleson homeowners with air conditioning problems, we connect them with Maricopa County's Weatherization program or the new COVID Emergency Heating/Cooling Repair/Replace program. <https://www.maricopa.gov/3706/Housing-Community-Development>

Maricopa County's COVID-19 Temporary Housing Site: Maricopa County provides the following services free of charge to the community.

Stay is voluntary and we will discharge a resident early if they request it.

- Temporary housing up to 10 days from start of symptoms. An extension may be authorized on a case by case basis and room availability.
- 3 meals prepared and delivered fresh daily (Delivered cold for food safety, may reheat in microwave). COVID+ and presumptive automatically qualify. Not provided to COVID- unless there are extra meals available.
- Weekly laundry service. Washed in mesh bag, not folded or color separated.
- Transportation to/from hotel at intake/discharge and medical appointments.
- Cable TV, internet, local phone, microwave, small refrigerator, and coffee pot.
- Title II ADA service animals allowed, no emotional support animals (ESA) or pets.
- Able to support more than one household member in some rooms and we have a handful of rooms with kitchenettes

Target Populations for Sheltering :

- Those who test positive for COVID-19 who do not require hospitalization, but have not completed the required isolation period (including those being discharged from hospitals)
- Those who have COVID-19-like symptoms who have not been tested or are awaiting test results (Persons Under Investigation-PUI's) who require an appropriate place for isolation
- Those who have been exposed to COVID-19 and are asymptomatic who require an appropriate place to complete quarantine
- Asymptomatic, high-risk individuals needing social distancing as a precautionary measure, such as people over 65 or those with chronic health conditions (examples: respiratory, cardiac, renal, and immune diseases or diabetes.)
- Others unable to isolate / quarantine safely at home, including 1st responders and health care workers

Please contact the Tolleson Community Action Program if interested in these services (623)-936-2760.

How to Select the Proper Mask

According to the CDC, when selecting a mask, there are many choices. Here are some do's and don'ts: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose Masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

How to Clean a Mask

According to the CDC, reusable masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information visit:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

WE'RE HIRING!

JOIN OUR TEAM

Career opportunities with the City of Tolleson are available online. To view or sign up for job alerts, visit www.tolleson.az.gov/careers. As of the end of January the following positions were available: Employee Resources Assistant, Firefighter (Recruit), Firefighter Paramedic (Lateral), IT Support Specialist, Police Officer-Lateral, Police Officer-Recruit and Volunteer. Remember to sign up for alerts.

New Traffic Route for the COVID-19 testing site at Tolleson City Hall Covid-19 Testing

The Field Operations team has coordinated with the Tolleson Union High School and Embry Womens Health to redirect traffic to the 24 hour COVID-19 Testing facility at City Hall. Patients will be encouraged to enter off of northbound 99th Ave and Jefferson/Wolverine Way only. This private road is closed for through traffic but open to testing participants. Field Operations is working on placing signage along the new route that would include message boards and banners.

We appreciate everyone's patience as this new route is established. To make your appointment to get tested at www.testnow.com.



Residential Pickups for Household Hazardous Waste (HHW) Program

In October 2020, the City tested a new service of residential pickups for the semi-annual Household Hazardous Waste (HHW) event. The event proved successful, and the City plans to continue, and even add to this service, for 2021!

Instead of having each resident haul hazardous materials to a centralized location, they are able to call and schedule a pickup from their front door. Not only does this make the service safer and more cost-effective, but it also supports the City of Tolleson Core Values by making the service easier to access for the entire community.

The next HHW event is currently scheduled to take place in late March, and residents can sign up anytime by calling the Field Operations Department at (623) 936-7141.

NEW FOR 2021: In conjunction with the Household Hazardous Waste Program, the City will allow up to 1 refrigerator or freezer, and up to 4 standard vehicle tires to be picked up each year.

If residents are unable to wait until the next HHW in the Spring or Fall, Tolleson residents can drop off their refrigerator/freezer/tires, at Field Operations (9601 West Jefferson Street), Monday-Friday, 7 AM to 3:30 PM. ID/Proof of residency within the City of Tolleson will be required.

Tolleson Senior Center Virtual Services Helps Seniors Stay Connected During the Pandemic

The Tolleson Senior Center staff continues to work hard to provide our senior community with essential services and new programming. Senior center members have enjoyed being a part of weekly Karaoke, Discussion Groups, Exercise Classes and Prize Bingo via Zoom. "It is very exciting to see our members participate on a virtual capacity," shared Human Services Director Santiago Cornejo. **Members from the senior center and other seniors from the community interested in taking part of these virtual classes can contact Luz Pardo, Senior Center Supervisor, directly at 623-936-2753.**

In addition to the virtual classes, staff conducts weekly wellness checks on seniors via phone. Wellness check, all staff to check in to ensure seniors are receiving basic services while addressing mental health concerns. These check ins help staff promote the health of our seniors by sharing community resources and coordinating services. Our wellness checks serve as not only a way to gauge the needs of our most vulnerable population in our community but an opportunity to stay closely connected to those that need it the most.

To learn more about Tolleson Senior Center and the programs they offer visit www.tolleson.az.gov.

Tolleson Parks and Recreation Center (PRC) VIRTUAL PROGRAMMING 2021

The PRC team is offering a variety of virtual classes to choose from like:

- cheer clinics for 1st to 6th grade
- basketball clinics
- Journaling
- Robotics and so much more.

Sign your child up TODAY for virtual classes! Supplies are FREE but Space is limited.

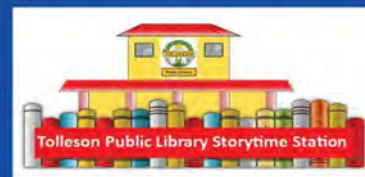
Details at www.tolleson.az.gov and visit the Parks and Recreation Center page. For more information or details about S.T.E.M programs, contact our recreation center at (623) 474-4992.

Zoom Storytimes

Baby Time with Lila - Mondays at 10 AM

Toddler Storytime with Lisa - Wednesdays at 11 AM

Preschool Storytime with Diana - Thursdays at 11 AM



How to register:

**Email us at library3@tollesonaz.org
or call (623) 936-2746**

Do you have COVID-19 Vaccine Questions? Get the facts.

There are two COVID-19 vaccines currently authorized and recommended for use in the United States, and three other vaccines are currently in large-scale clinical trials. To learn about the vaccines visit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>.

*The following are questions and answers from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>. Last Updated Jan. 4, 2021

How do I know which sources of COVID-19 vaccine information are accurate?

It can be difficult to know which sources of information you can trust. Learn more about finding credible vaccine information.

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19. Learn more about how COVID-19 vaccines work.

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can 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—the goal of vaccination—there is a possibility 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. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work. Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications. Learn more about how COVID-19 vaccines work.

Will a COVID-19 vaccine alter my DNA?

No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.

Messenger RNA vaccines—also called mRNA vaccines—are the first COVID-19 vaccines authorized for use in the United States. mRNA vaccines teach our cells how to make a protein that triggers an immune response. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease. Learn more about how COVID-19 mRNA vaccines work.

At the end of the process, our bodies have learned how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies.

Nueva ruta de tráfico para el sitio de prueba COVID-19 en el Ayuntamiento de Tolleson

El equipo de operaciones de campo de la ciudad de Tolleson se ha coordinado con Tolleson Union High School y Embry Womens Health para redirigir el tráfico a las instalaciones de pruebas COVID-19 las 24 horas. Se le alentará a los pacientes a ingresar solo por la 99th Ave en dirección norte en la calle Jefferson / Wolverine Way. Esta carretera privada está cerrada al resto del tráfico pero abierta a los participantes de la prueba. Operaciones de campo está trabajando para colocar letreros a lo largo de la nueva ruta que incluirían tableros de mensajes y carteles. Le agradecemos la paciencia de todos mientras se establece esta nueva ruta. Haga cita usando la pagina de internet www.testnow.com.



Cómo Elegir Una Mascara

Acuerdo con el CDC, para elegir una mascarilla, hay varias opciones. Aquí tiene algunos consejos sobre las que debe elegir y las que no debe elegir.

SÍ elija mascarillas que



Tengan dos o más capas de tela lavable y respirable



Cubran completamente la nariz y la boca



Se ajusten con precisión a los lados de la cara, sin huecos

NO elija mascarillas que



Estén hechas de una tela que dificulta la respiración, como vinilo



Tengan válvulas de exhalación o ventilación que permitan el paso de partículas del virus



Estén destinadas a trabajadores de atención médica, como las mascarillas de respiración N95 o las mascarillas quirúrgicas

Cómo Limpiar Su Mascara

Acuerdo al CDC, lave y seque las mascarillas con el resto de la ropa. Las mascarillas reutilizables se deben lavar con frecuencia. Siempre quítese las mascarillas de manera correcta y lávese las manos luego de manipular o tocar una mascarilla usada.

- Lave la mascarilla con el resto de su ropa
- Use su detergente para ropa habitual y la temperatura de agua máxima permitida para la tela usada para confeccionar la mascarilla
- Use la temperatura máxima y déjela en la secadora hasta que esté completamente seca

Para obtener más información, visite <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>.

Programa de recolección residencial de desechos domésticos peligrosos (HHW)

En octubre de 2020, la Ciudad probó un nuevo servicio de recolecciones residenciales para el evento semestral de Residuos Peligrosos Domésticos (HHW). ¡El evento resultó exitoso y la Ciudad planea continuar, e incluso agregar a este servicio, para 2021!

En lugar de que cada residente transporte materiales peligrosos a una ubicación centralizada, pueden llamar y programar una recogida desde la puerta de su casa. Esto no solo hace que el servicio sea más seguro y efectivo, sino que también respalda los valores fundamentales de la ciudad de Tolleson al hacer que el servicio sea más accesible para toda la comunidad.

El próximo evento de HHW está programado para fines de marzo y los residentes pueden inscribirse en cualquier momento llamando al Departamento de Operaciones de Campo al (623) 936-7141.

NUEVO PARA 2021: En conjunto con el Programa de Residuos Peligrosos Domésticos, la Ciudad permitirá que se recojan hasta 1 refrigerador o congelador y hasta 4 llantas de vehículos estándar cada año.

Si los residentes no pueden esperar hasta el próximo evento en la primavera o el otoño, los residentes de Tolleson pueden dejar su refrigerador / congelador / llantas en Departamento de Operaciones de Campo (9601 West Jefferson Street), de lunes a viernes, de 7 a.m. a 3:30 p.m. Se requerirá identificación / comprobante de residencia dentro de la ciudad de Tolleson.

Actualización de Covid de la Ciudad de Tolleson Las instalaciones de la ciudad, las oficinas administrativas y los parques permanecen cerrados al público. Los servicios se ofrecen en un formato virtual desde la acera de la biblioteca hasta las solicitudes de licencias comerciales. Actualmente, Veterans Park, sus instalaciones y el estacionamiento del ayuntamiento se están utilizando como sitios de prueba de COVID-19. A menos que las condiciones cambien drásticamente, estas actividades y las instalaciones permanecerán cerradas al público y las actividades organizadas.

La Oficina del Programa de Acción Comunitaria de Tolleson a podido ofrecer lo siguiente durante la pandemia:

- Comidas ofrecidas a domicilio / comidas colectivas: 90-100 comidas entregadas diariamente (40% de aumento con respecto al año pasado)
- Asistió a 314 familias / 899 residentes con asistencia de servicios públicos / alquiler desde el 1 de julio de 2020 hasta el 31 de diciembre de 2020.
- Obtuve \$ 921,000 del condado de Maricopa para ayudar a familias necesitadas debido a la pérdida de trabajo, reducción de ingresos, gastos inexplicables y crisis relacionada con COVID para la salud / seguridad de los clientes.
- Obtuvo \$ 50,000 del Departamento de Servicios Humanos del Condado de Maricopa para el personal temporal, que ayudó con el procesamiento de solicitudes para asistencia de alquiler / servicio público.
- Obtuve \$ 80,000 de Salud Pública del Condado de Maricopa para personal temporal, que ayudó con la promoción de programas ofrecidos por la ciudad, tales como: Sitio de pruebas COVID, Refugio gratuito para residentes de COVID +, programa de asistencia de agua, programa de asistencia de servicios públicos y alquiler.

¿Tiene preguntas sobre la vacuna de COVID-19? Conozca los datos.

Hay dos vacunas COVID-19 actualmente autorizadas y recomendadas para su uso en los Estados Unidos, y otras tres vacunas se encuentran actualmente en ensayos clínicos a gran escala. Para obtener más información sobre las vacunas, visite: <https://espanol.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

***Las siguientes preguntas y respuestas son del CDC: <https://espanol.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html> .
Última actualización: 4 de ene. del 2021**

¿Cómo puedo saber qué fuentes de información sobre la vacuna contra el COVID-19 son precisas?

Saber qué fuentes de información son confiables puede resultar difícil. Aprenda más sobre cómo encontrar información confiable sobre las vacunas.

¿La vacuna contra el COVID-19 puede hacer que contraiga el COVID-19?

No. Ninguna de las vacunas contra el COVID-19 autorizadas y recomendadas ni las vacunas contra el COVID-19 que actualmente se están desarrollando en los Estados Unidos contiene el virus vivo que causa el COVID-19. Esto significa que las vacunas contra el COVID-19 no pueden hacer que se enferme de COVID-19. Hay diferentes tipos de vacunas en desarrollo. Todas ellas le enseñan a nuestro sistema inmunitario cómo reconocer y combatir el virus que causa el COVID-19. A veces, este proceso puede producir síntomas, como fiebre. Estos síntomas son normales y son un signo de que el organismo está generando protección contra el virus que causa el COVID-19. Aprenda más sobre cómo actúan las vacunas contra el COVID-19. Por lo general, el organismo demora algunas semanas en generar inmunidad (protección contra el virus que causa el COVID-19) luego de la vacunación. Esto significa que es posible que una persona se infecte por el virus que causa el COVID-19 justo antes o justo después de haberse vacunado, y que se enferme de todos modos. Esto se debe a que la vacuna no tuvo suficiente tiempo para generar protección.

Después de recibir la vacuna contra el COVID-19, ¿daré positivo en la prueba viral del COVID-19?

No. Ni las vacunas recientemente autorizadas y recomendadas ni ninguna otra vacuna contra el COVID-19 que actualmente forme parte de los ensayos clínicos en los Estados Unidos provocan que dé positivo en las pruebas virales, las cuales se utilizan para ver si tiene una infección actual. Si su organismo genera una respuesta inmunitaria —el objetivo de la vacunación—, existe la posibilidad de que su resultado sea positivo en algunas de las pruebas de anticuerpos. Las pruebas de anticuerpos indican que tubo una infección previa y que podría tener algún nivel de protección contra el virus. En este momento, los expertos están analizando cómo la vacuna contra el COVID-19 podría afectar los resultados de las pruebas de anticuerpos.

Si ya tuve COVID-19 y me recuperé, ¿debo vacunarme de todos modos contra el COVID-19?

Sí. Debido a los riesgos graves para la salud asociados al COVID-19 y al hecho de que existe la posibilidad de reinfectarse por COVID-19, se le debe ofrecer la vacuna más allá de que haya tenido o no infección por COVID-19. Los CDC brindan recomendaciones a los gobiernos federales, estatales y locales acerca de quiénes deberían recibir primero la vacuna. Por el momento, los expertos no saben cuánto tiempo de protección tienen las personas que se enferman una vez que se recuperan del COVID-19. La inmunidad que una persona desarrolla después de una infección, conocida como inmunidad natural, varía según cada persona. Hay alguna evidencia inicial que sugiere que la inmunidad natural podría no durar mucho tiempo. No sabremos cuánto dura la inmunidad generada a través de la vacunación hasta que tengamos más datos sobre cuán bien funcionan las vacunas. Tanto la inmunidad natural como la inmunidad inducida por la vacuna son aspectos importantes del COVID-19 sobre los que los expertos están tratando de aprender más, y los CDC mantendrán informado al público a medida que haya nueva evidencia disponible.

¿Vacunarme contra el COVID-19 me protege de contraer el COVID-19?

Sí. Las vacunas contra el COVID-19 le enseñan a su sistema inmunitario cómo reconocer y combatir el virus que causa el COVID-19, y esto lo protege de contraer el COVID-19. Estar protegido para evitar enfermarse es importante porque, aunque muchas personas con COVID-19 solo presentan manifestaciones leves de la enfermedad, otras pueden enfermarse gravemente, experimentar efectos en la salud a largo plazo o incluso morir. No hay forma de saber cómo le afectará el COVID-19, incluso si no tiene mayor riesgo de presentar complicaciones graves. Conozca más sobre cómo actúan las vacunas contra el COVID-19.

¿Las vacunas contra el COVID-19 modifican mi ADN?

No. Las vacunas ARNm contra el COVID-19 no modifican ni interactúan con su ADN de ningún modo.

Las vacunas de ARN mensajero —también llamadas vacunas de ARNm— son las primeras vacunas autorizadas contra el COVID-19 en los Estados Unidos. Las vacunas de ARNm le enseñan a nuestras células a generar una proteína que desencadena una respuesta inmunitaria. El ARNm de las vacunas contra el COVID-19 nunca ingresa al núcleo de la célula, que es donde se encuentra nuestro ADN. Esto significa que el ARNm no puede afectar nuestro ADN ni interactuar con él de ninguna forma. En su lugar, las vacunas de ARNm contra el COVID-19 funcionan con las defensas naturales del organismo para generar inmunidad a la enfermedad de manera segura. Aprenda más sobre cómo actúan las vacunas ARNm contra el COVID-19.

Al final del proceso, nuestros organismos habrán aprendido cómo protegerse contra futuras infecciones. Esa respuesta inmunitaria y la generación de anticuerpos es lo que nos protege de infectarnos si el virus real ingresa a nuestro organismo.