Forward Together Update, April 30, 2021

University of Northern Iowa

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Dear Panther Community,

Below are a few updates you should know this week:

**Don't forget to get your second dose if you receive the Pfizer-BioNTech or Moderna COVID-19 vaccines!** The second dose is the one that primes your immune system for longer-term protection. Any side-effects are usually mild or moderate and demonstrate that your immune system is being engaged to protect you! Those who don't receive the second dose of the Pfizer-BioNTech or Moderna vaccines are not fully vaccinated, the CDC says.

**Get vaccinated period!** An estimated 60 percent of new COVID-19 cases are of the more infectious and more severe B.1.1.7 variant, according to recent CDC estimates. Vaccines are safe and effective against this variant. Both the Johnson&Johnson vaccine and the Pfizer-BioNTech vaccine will be available in on-campus clinics next week.

**The more people who are vaccinated, the safer we all are.** Over 237 million doses of vaccine have now been administered in the U.S., according to the CDC. More than 50% of Black Hawk County adults have received at least one dose.

**Don't forget to keep your vaccination card safe (and bring it with you when you receive a second dose of a two-shot regimen).** You may want to take a photo of it as a backup.

Please [register online](https://forwardtogether.uni.edu/vaccine-signup) or copy this link into your browser for available Johnson & Johnson vaccine appointments still available: [https://forwardtogether.uni.edu/vaccine-signup](https://forwardtogether.uni.edu/vaccine-signup)

If you have a question, please visit [forwardtogether.uni.edu](http://forwardtogether.uni.edu) or email it to [forwardtogether@uni.edu](mailto:forwardtogether@uni.edu). Thanks for all that you do to keep yourself, your family and the Panther community safe.

Stay Well,

John Vallentine, Associate Provost for Faculty