

Safety of COVID-19 Vaccines

COVID-19 vaccines are proven to be safe and effective. Millions of people in the United States have received COVID-19 vaccines under the most intense safety monitoring in US history.

Although COVID-19 vaccines were developed quickly, research and development on vaccines like these have been underway for decades. All vaccine development steps were taken to ensure COVID-19 vaccine safety and effectiveness.

Some people have side effects after getting their COVID-19 vaccine, and others might have no side effects. Side effects may affect the ability to do daily activities, but they should go away within a few days.

Results from recent research studies show that people who menstruate may observe small, temporary changes in menstruation after COVID-19 vaccination, including longer duration of menstrual periods, shorter intervals between periods, and heavier bleeding than usual. Despite these temporary changes in menstruation, there is no evidence that COVID-19 vaccines cause fertility problems.

Serious side effects that could cause a long-term health problem are extremely rare following any vaccination, including COVID-19 vaccination. The benefits of COVID-19 vaccination outweigh the known and potential risks. The CDC continues to closely monitor the safety of COVID-19 vaccines.

Generally, if you are up to date on your COVID-19 vaccinations, you do not need to wear a mask in outdoor settings. If you are immunocompromised or more likely to get very sick from COVID-19, there are ways to protect yourself, including wearing a high-quality mask or ensuring access to testing.

COVID-19疫苗的安全性

COVID-19疫苗被证明是安全和有效的。美国数百万人在史上最密集的安全监测下注射了COVID-19疫苗。

虽然COVID-19疫苗开发得很快，但像这样的疫苗的研究和开发已经进行了几十年。所有疫苗开发步骤都有进行以确保COVID-19疫苗的安全性和有效性。

有些人在接种COVID-19疫苗后有副作用，有些人可能没有副作用。副作用可能会影响日常活动，但在几天内应会消失。

最近的研究结果表明，有经期的人在接种COVID-19疫苗后可能会观察到小的、暂时的月经变化，包括经期延长、月经间隔时间缩短、出血量比平时多等。尽管有这些暂时的月经变化，但没有证据表明COVID-19疫苗会导致生育问题。

在接种任何疫苗后导致长期健康问题的严重副作用都极为罕见，包括COVID-19疫苗接种。接种COVID-19疫苗的好处超过了已知和潜在的风险。疾控中心将继续密切监测COVID-19疫苗的安全性。

一般来说，如果你是最新的COVID-19疫苗接种者，你不需要在户外环境中戴口罩。如果你的免疫力低下或可能因COVID-19而病入膏肓，有一些方法可以保护自己，包括佩戴高质量的口罩或确保有可进行检测的途径。



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猪肉苦瓜汤 (2-3人份)

Pork and Bitter Melon Soup (SERVES 2-3)

材料:

- 2盎司薏米
- 1.5磅猪骨，洗净
- 2-3颗干红枣
- 8杯水
- 4片生姜
- 1个苦瓜，切成大块，去掉籽
- 食盐适量

步骤:

1. 将薏米浸泡一晚。沥干后放在一边。
2. 将猪骨放入汤锅中，加入足够的水淹没它们。并煮沸1分钟。关火，冲洗猪骨，并倒掉水。
3. 将猪骨重新放入汤锅中，同时加入浸泡过的大麦、红枣、8杯水和姜片。调至大火并煮沸。一旦沸腾，立即转为中低火，盖上盖子，炖煮2小时。
4. 撇去汤表面的脂肪。加入苦瓜，加盖，再炖30分钟。加入盐以调味。趁热上桌享用。

厨师建议：如果你有苦瓜叶，在最后一步将其加入汤中。苦瓜叶是可以食用的，可以用于炒菜、做汤和咖喱。叶子也可以用来泡茶！

INGREDIENTS:

- 2 oz pearl barley
- 1.5 lbs pork bones, rinsed
- 2-3 dried red dates
- 8 cups water
- 4 slices ginger
- 1 bitter melon, cut into large chunks with seeds removed
- Salt to taste



INSTRUCTIONS:

1. Soak the pearl barley overnight. Drain and set aside.
2. Put the pork bones in a stock pot with enough water to submerge them. Bring to a boil and boil for 1 minute. Remove from the heat, rinse the pork bones, and discard the water.
3. Add the pork bones back to the stock pot, along with soaked barley, dates, 8 cups water, and the ginger slices. Set over high heat and bring to a boil. Once boiling, immediately turn the heat down to medium low, cover, and simmer for 2 hours.
4. Skim any fat off the surface of the soup. Add the bitter melon, cover, and simmer for another 30 minutes. Add salt to taste. Serve hot and enjoy!

Chef's tip: If you have bitter melon leaves, add them to the soup at the last step. Bitter melon leaves are edible and can be used in stir-fries, soups, and curries. The leaves can also be used to make tea!

