



**TOUR RESOURCE**  
CONSULTANTS

## “Musicians Serving Musicians”

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Date: 1 December 2021

To: All travelers with Florida Symphonic Winds

From: Tour Resource Consultants

Re: Tour Update, Group Air Info, Vaccination Questions and an update from life in Europe right now

### **TOUR UPDATE**

Hello again, fellow travelers! We are very excited for the July tour to Austria and Germany, and I (Maury Schulte, President of TRC) had a very productive visit there in September/October. Tour planning is always a fluid situation, but in our case, the small adjustments we have made have improved the trip.

Those adjustments are:

- 1) Changing our arrival city to Mondsee instead of Bad Ischl.
- 2) Our accommodation in Mondsee is the 4+ Star Schlosshotel Mondsee, the former Bishop's Palace.
- 3) The Vienna hotel is located 1 block from the State Opera House, near the pedestrian only area.
- 4) In Würzburg we changed the hotel so that we are also in the heart of the city center.
- 5) We met with members of the Retzbach Community Band and have a great performance day planned, and a fun party to close the tour!

### **GROUP AIRFARE**

This morning we finalized the Group Airfare with Lufthansa Airlines. The price is \$1,621, and we are aware that on the internet there are prices lower than that. If we were planning on using the groups, but now you wish to secure your own airfare, that is fine. But secure your own air first! Then simply notify us and we will change your status from Land and Group Air to Land-Only within the Registration system on WeTravel.

Our original plan for the Main Group was for the trip to fly into and out of Tampa International Airport. With Lufthansa, this required a connection on United to Tampa through Newark on the return. After several weeks waiting for United to confirm the space, they came back with a fare which brought the group fare to \$1,800. Yikes. So we started again and were able to get the Lufthansa non-stop to Orlando from Frankfurt on July 31. TRC will provide the private motorcoach for the transfer from Orlando to the Tampa area, with drop-offs in three different locations.

A further quirk of the Group Airfare is that despite having an additional flight from Prague to Frankfurt, the Extension Group fare is \$174 less than the Main Group fare. There are 32 available seats.

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## VACCINE POLICY

### What is the Tour Resource Consultants policy as it applies to vaccinations for travelers?

[MS] To date in 2021, all of our school and university travel clients have instituted their own requirements that all travelers be vaccinated. With the recent increase in cases, and with the likelihood that in February Austria will mandate all of their citizens be vaccinated, it is clear that vaccinations for travelers will be required in Austria. If a traveler has registered for the tour, but has no intention to be vaccinated, TRC will offer a full refund up to 23 March 2022, at which point all travelers must be “fully vaccinated” as per the current definition of the CDC. We are aware that some travelers may have an allergy to an ingredient in the vaccine. Please see page 6, where we have information from the CDC on Allergies to the Vaccine.

### Are tourists required to be vaccinated to visit Germany?

[CA] As of August 15, 2021 Germany is only allowing vaccinated travelers to visit from the United States. Visitors must complete a digital registration upon entry before arrival into Germany.

### How are travel companies managing the proof of vaccination question? Testing?

[DK] The largest travel companies we work with (Globus, Viking, Avalon) have all required that their travelers be vaccinated – it would be too difficult to travel without proof of vaccination. One must show their card (or a photo of the card) to enter any building in Austria. We have been touring hundreds of US and Canadian clients through Vienna these past weeks, and never had a problem in any of the Museums we visited. Clients show their proof of vaccine as the group enters. River cruise passengers are tested weekly, and the US requires a negative test 48 hours prior to departure.

[MS] Testing policy may change, but we think it is likely that the US will require a negative test to board the flight home. There are agencies which will come to the group hotel and administer the tests, and the cost of tests are not included in the proposal price. Testing fees range from €69 to €109 (\$80 to \$125).

### How can I receive a digital COVID certificate/QR code?

**Note:** Europeans have a vaccination QR code app on their phone, which serves as a proof of vaccination, but also when scanned at restaurants allows for contact tracing. This information is taken from Germany.info, the website of the German embassy: No information is currently available about how those with a foreign vaccine card (e.g. from the US) can receive a digital COVID certificate which is recognized in Europe. Talks are currently underway regarding recognition of international vaccinations (i.e. received outside the EU).

**Are there any changes to the Cancellation Policy in light of the current trend?** We have extended the \$200 cancellation fee from 23 December 2021 to 23 March 2022.

## CANCELLATION POLICY

A cancellation occurs when one or more Paying Participants communicate by email or fax their intention to cancel their plans to participate in the tour. All cancellations must be sent to TRC by fax (to 913.538.5279), or by email attachment (to [Registration@TourResource.com](mailto:Registration@TourResource.com)).

A Cancellation Fee will be assessed based on the date the cancellation is received by TRC, as follows:

Cancellations after 1-Feb-21 and on or before 24-Oct-21 .....	\$0 per person fee
Cancellations after 24-Oct-21 and on or before 23-Dec-21 .....	\$200 per person fee*
Cancellations after 23-Dec-21 and on or before 23-Mar-22.....	\$200 <del>\$400</del> per person fee*
Cancellations after 23-Mar-22 and on or before 27-May-22.....	\$600 per person fee*

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Cancellations after 27-May-22, a minimum of \$1,200 per person fee, but may be charged up to 100% of the total per person tour price.

\*Plus any airline cancellation fees which may apply

## **CURRENT TRENDS WITH THE VIRUS IN AUSTRIA AND GERMANY**

Many travelers have contacted us with questions regarding the current Coronavirus conditions in Europe. We contacted our travel partners in Vienna (Daniel Kravina) and Berlin (Christian Aigner) and asked them for answers to your questions. TRC President Maury Schulte recently returned from a month in the UK, Germany and Austria, and will also weigh in with his observations from an American point of view.

### **Are masks required in Europe?**

[MS] Mask mandates vary among European countries, and during my travels I witnessed large differences. In the UK, masks were recommended, and perhaps 70% of travelers on the Underground were wearing masks. In Germany masks were required to enter any shops, restaurants or museums, and the public has complied. Austria was the most strict, not only requiring masks, but insisting that they be medical grade quality (N95 or better).

### **How are vaccinations proceeding? Are they required?**

[DK] Austria and Germany (in particular the southern Regions) are among the European countries with the lowest percentage of vaccinated citizens. Why? Hard to tell... Government's failure to follow a clear communication strategy and political parties (both, the ones ruling and the ones in the opposition) trying to gain support through Covid at the expense of the other parties have certainly played a significant role in Austrians refusing the vaccine. As a result Austria has had a three-digit weekly incidence rate... right before the opening of the winter ski season. For a country that depends on winter tourism for 10% of its GNP, that is a disaster. However, officials here say that winter is the worst time for the virus to spread, as people spend more time indoors. In the Spring they expect cases to decline.

### **Is it true that Austria is going back into a lockdown?**

[CA] Austria is in the middle of implementing the new lockdown. We shall have more precise information after the coming week. In general, the current Austrian rules now require staying at home regardless of your vaccination status. The goal is to break this 4th wave before Christmas, hoping to be able to save the tourism season. At the same time the Austrian Government has taken the drastic step and is preparing the legal framework for obligatory vaccine for all Austrian residents starting February 22. Already vaccinated Austrians hope that with the increase in vaccinations, and the virus diminishing its spread in the Spring, that Summer travel season will be back to normal.

### **Are positive cases rising throughout Europe?**

[DK] We are seeing numbers rising all over Europe... which is something everybody expected. At the end of the day, it is a virus, like a flu (but far more aggressive and lethal). And winter has always been flu season! Governments will have to react, and I would not be surprised to see other countries going into a short-term lock-down again. But not for more than 3 or 4 weeks. Very few countries can afford the costs of such a lock-down... Austria has decided that it must.

## **COVID TESTING AT HOME**

### **How are German and Austrian ensembles using testing to stay safe? How does it work?**

[MS] During my recent travels I was involved in several rehearsals and one concert in Leipzig, Germany. In order to rehearse without wearing masks, all participants were required to have a simple rapid test (15 minute antigen) which the musicians administer themselves prior to rehearsal (these tests are inexpensive -

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less than €1 - and widely available). The test kit includes a swab, a small vial which includes testing liquid, a test cassette and a bio hazard disposal bag. It is recommended to mark the time that the test started and also when it is finished 15 minutes later. The individual swabs their own nose, and then place the swab into the now open vial and stirs. Once they remove the swab, the cap is placed on the vial, and the cap has a dropper built into it. The cassette has a small oculus, which is where the person places 4 drops from the vial. Within the cassette is a reactive paper, and as the liquid is absorbed the paper turns a light pink, and lines appear. There are three possible lines: Negative, Positive, and Inconclusive. The Negative line will always appear on the pink paper, but after 15 minutes the paper turns white, and the line is confirmed. The ensemble member takes a photo of the test cassette result and forwards it to the ensemble manager.

## **VACCINE SAFETY**

**I am a cautious person, and from what I hear on the news, I have not yet gotten vaccinated. I understand that to be a part of the trip, a vaccination is necessary. Can you convince me that it is safe?**

[MS] In preparing for this update, I spent several hours reading and learning about the different vaccines, how they are made, the ingredients and also what they did not have in them. I did not expect it to be so interesting, but I decided I would gather the information and share it here with everyone. There is a section with info from the WHO, and then very specific details from the CDC.

The following information is from the World Health Organization website:

### **What is the difference between the immunity you develop from getting COVID-19 and immunity from getting a COVID-19 vaccine?**

We are still learning about how long immunity to COVID-19 lasts from natural infection, and from vaccination. We are now starting to see evidence that the immunity you get after having COVID-19 can be strong. However, the type of immunity that's developed after infection varies from person to person, making it less predictable than immunity after vaccination. Scientists are working hard to understand this better.

What we do know is that COVID-19 is a life-threatening disease that can have long-term consequences. We also know that the WHO-authorized COVID-19 vaccines have been safely given to billions of people. It is much safer to get vaccinated than it is to risk getting COVID-19. Get vaccinated as soon as it's your turn and keep doing everything you can to protect yourself and others.

As we learn more about COVID-19 and immunity, WHO continues to update our guidance and recommendations.

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

Accurate vaccine information is critical and can help stop common myths and rumors.

It can be difficult to know which sources of information you can trust. Before considering vaccine information on the Internet, check that the information comes from a credible source and is updated on a regular basis.

The following information is from the Center for Disease Control website:

**Can COVID-19 vaccines cause variants?**

**No.** COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19.

New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). Even before the COVID-19 vaccines, there were several variants of the virus. Looking ahead, variants are expected to continue to emerge as the virus continues to change.

COVID-19 vaccines can help prevent new variants from emerging. As it spreads, the virus has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging. CDC recommends that everyone 5 years and older get vaccinated as soon as possible.

**Are all events reported to the Vaccine Adverse Event Reporting System (VAERS) caused by vaccination?**

**No.** VAERS data alone cannot determine if the reported adverse event was caused by a COVID-19 vaccination. Anyone can report events to VAERS, even if it is not clear whether a vaccine caused the problem. Some VAERS reports may contain information that is incomplete, inaccurate, coincidental, or unverifiable. These adverse events are studied by vaccine safety experts who look for unusually high numbers of health problems, or a pattern of problems, after people receive a particular vaccine.

Recently, the number of deaths reported to VAERS following COVID-19 vaccination has been misinterpreted and misreported as if this number means deaths that were proven to be caused by vaccination. Reports of adverse events to VAERS following vaccination, including deaths, do not necessarily mean that a vaccine caused a health problem.

**Is the mRNA vaccine considered a vaccine?**

**Yes.** mRNA vaccines, such as Pfizer-BioNTech and Moderna, work differently than other types of vaccines, but they still trigger an immune response inside your body. This type of vaccine is new, but research and development on it has been under way for decades.

The mRNA 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.

In contrast to mRNA vaccines, many other vaccines use a piece of, or weakened version of, the germ that the vaccine protects against. This is how the measles and flu vaccines work. When a weakened or small part of the virus is introduced to your body, you make antibodies to help protect against future infection.

**Do COVID-19 vaccines contain microchips?**

**No.** COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement. Vaccines work by stimulating your immune system to

produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.

**Can receiving a COVID-19 vaccine cause you to be magnetic?**

**No.** Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

**Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?**

**No.** Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in the U.S. contain a live virus. mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.

**Will a COVID-19 vaccine alter my DNA?**

**No.** COVID-19 vaccines do not change or interact with your DNA in any way. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept.

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

**No.** None of the authorized COVID-19 vaccines 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. COVID-19 vaccines 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 similar to those experienced with other routine vaccines and are normal signs that the body is building protection against the virus that causes COVID-19.

**VACCINES AND ALLERGIES**

The following information is from the Center for Disease Control website:

**COVID vaccines for people with Allergies**

An allergic reaction is considered severe when a person needs to be treated with epinephrine or EpiPen© or if the person must go to the hospital. Experts refer to severe allergic reactions as anaphylaxis.

An immediate allergic reaction happens within 4 hours after getting vaccinated and could include symptoms such as hives, swelling, and wheezing (respiratory distress).

**If You Are Allergic to an Ingredient in a COVID-19 Vaccine**

If you have had a severe allergic reaction or an immediate allergic reaction—even if it was not severe—to any ingredient in an mRNA COVID-19 vaccine, you should not get either of the currently available mRNA COVID-19 vaccines (Pfizer-BioNTech and Moderna).

If you have had a severe allergic reaction or an immediate allergic reaction to any ingredient in Johnson & Johnson’s Janssen (J&J/Janssen) COVID-19 vaccine, you should not get the J&J/Janssen vaccine.

If you aren’t able to get one type of COVID-19 vaccine because you are allergic to an ingredient in that vaccine, ask your doctor if you should get a different type of COVID-19 vaccine.

If you had an allergic reaction to a previous shot of an mRNA vaccine

If you aren't able to get the second shot of an mRNA vaccine because you had an allergic reaction to the first shot, ask your doctor if you should get a different type of COVID-19 vaccine.

**If You Are Allergic to Polyethylene Glycol (PEG) or Polysorbate**

PEG and polysorbate are closely related to each other. PEG is an ingredient in the mRNA vaccines, and polysorbate is an ingredient in the J&J/Janssen vaccine.

If you are allergic to PEG, you should not get an mRNA COVID-19 vaccine. Ask your doctor if you can get the J&J/Janssen vaccine.

If you are allergic to polysorbate, you should not get the J&J/Janssen COVID-19 vaccine. Ask your doctor if you can get an mRNA COVID-19 vaccine.

**If You Are Allergic to Other Types of Vaccines**

If you have had an immediate allergic reaction—even if it was not severe—to a vaccine or injectable therapy for another disease, ask your doctor if you should get a COVID-19 vaccine. Your doctor will help you decide if it is safe for you to get vaccinated.

**If You Have Allergies Not Related to Vaccines**

CDC recommends that people get vaccinated even if they have a history of severe allergic reactions not related to vaccines or injectable medications—such as food, pet, venom, environmental, or latex allergies. People with a history of allergies to oral medications or a family history of severe allergic reactions may also get vaccinated.

## **DETAILS OF THE PFIZER VACCINE**

### **Pfizer-BioNTech COVID-19 Vaccine (also known as COMIRNATY) Overview and Safety**

Updated Nov. 19, 2021

CDC has expanded recommendations for booster shots to now include all adults ages 18 years and older who received a Pfizer-BioNTech or Moderna (mRNA) COVID-19 vaccine as part of their primary series.

#### **General Information**

Manufacturer: Pfizer, Inc., and BioNTech

Number of Shots: 2 shots, 21 days apart

Moderately to severely immunocompromised people ages 12 years and older should get an additional primary shot (third dose) at least 28 days after their second shot.

Booster Shot: Some people ages 18 years and older who are at higher risk of COVID-19 infection or severe disease should get a booster shot at least 6 months after completing their primary series. You can get any of the COVID-19 vaccines authorized in the United States for your booster shot.

Type of Vaccine: mRNA

How Given: Shot in the muscle of the upper arm

Does NOT Contain: Eggs, preservatives, latex, metals

Name: BNT162b2

Brand name: COMIRNATY

#### **Who Should Get Vaccinated**

The Pfizer-BioNTech vaccine is recommended for people ages 5 years and older.

#### **Who Should NOT Get Vaccinated**

If you have had a severe allergic reaction to any ingredient in the Pfizer-BioNTech COVID-19 vaccine (such as polyethylene glycol), you should not get this vaccine.

If you had a severe allergic reaction after getting a dose of the Pfizer-BioNTech COVID-19 vaccine, you should not get another dose of an mRNA vaccine.

A severe allergic reaction can cause a rapid heartbeat, difficulty breathing, swelling of the throat, or a generalized rash or hives. A person with a severe allergic reaction needs to be treated with epinephrine (often given as an EpiPen®) and should seek immediate medical attention.

If you aren't able to get this vaccine, you may still be able to get a different type of COVID-19 vaccine.

#### **Pfizer-BioNTech (COMIRNATY) Name Change**

Pfizer-BioNTech (COMIRNATY) received U.S. Food and Drug Administration (FDA) approval on August 23, 2021, for individuals ages 16 years and older. Once vaccines are approved by the FDA, companies can market the vaccines under brand names. COMIRNATY is the brand name for the Pfizer-BioNTech COVID-19 vaccine. After FDA approval, the FDA-authorized Pfizer-BioNTech COVID-19 vaccine for individuals ages 16 years and older was marketed as COMIRNATY. No change was made to the vaccine's formula with the name change.

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## **Pfizer-BioNTech COVID-19 Vaccine Ingredients**

All COVID-19 vaccine ingredients are safe. Nearly all of the ingredients in COVID-19 vaccines are ingredients found in many foods – fats, sugars, and salts. The Pfizer-BioNTech COVID-19 vaccine also contains a harmless piece of messenger RNA (mRNA). The COVID-19 mRNA teaches cells in the body how to create an immune response to the virus that causes COVID-19. This response helps protect you from getting sick with COVID-19 in the future. After the body produces an immune response, it discards all of the vaccine ingredients, just as it would discard any substance that cells no longer need. This process is a part of normal body functioning.

All COVID-19 vaccines are manufactured with as few ingredients as possible and with very small amounts of each ingredient. Each ingredient in the vaccine serves a specific purpose as seen in the table below.

The Pfizer-BioNTech COVID-19 vaccine for people ages 12 years and older contains the following ingredients:

### **Messenger ribonucleic acid (mRNA)**

Nucleoside-modified mRNA encoding the viral spike (S) glycoprotein of SARS-CoV-2  
Provides instructions the body uses to build a harmless piece of a protein from the virus that causes COVID-19. This protein causes an immune response that helps protect the body from getting sick with COVID-19 in the future.

### **Lipids (fats)**

2[(polyethylene glycol (PEG))-2000]-N,N-ditetradecylacetamide  
1,2-distearoyl-sn-glycero-3-phosphocholine  
Cholesterol (plant derived)  
((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate)  
Work together to help the mRNA enter cells.

### **Salts and sugar**

Dibasic sodium phosphate dihydrate  
Monobasic potassium phosphate  
Potassium chloride (common food salt)  
Sodium chloride (basic table salt)  
Sucrose (basic table sugar)  
Work together to help keep the vaccine molecules stable while the vaccine is manufactured, frozen, shipped, and stored until it is ready to be given to a vaccine recipient.

### **Ingredients that are NOT used in Pfizer-BioNTech COVID-19 vaccines**

The above table lists ALL ingredients in the Pfizer-BioNTech COVID-19 vaccine. There are NO ingredients in this vaccine beyond what is listed in the table. The Pfizer-BioNTech COVID-19 vaccine has:

No preservatives like thimerosal or mercury or any other preservatives.

No antibiotics like sulfonamide or any other antibiotics.

No medicines or therapeutics like ivermectin or any other medications.

No tissues like aborted fetal cells, gelatin, or any materials from any animal.

No food proteins like eggs or egg products, gluten, peanuts, tree nuts, nut products, or any nut byproducts (COVID-19 vaccines are not manufactured in facilities that produce food products).

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No metals like iron, nickel, cobalt, titanium, rare earth alloys, or any manufactured products like microelectronics, electrodes, carbon nanotubes or other nanostructures, or nanowire semiconductors. No latex. The vial stoppers used to hold the vaccine also do not contain latex.

## **DETAILS OF THE MODERNA VACCINE**

### **Moderna COVID-19 Vaccine Overview and Safety**

Updated Nov. 19, 2021

CDC has expanded recommendations for booster shots to now include all adults ages 18 years and older who received a Pfizer-BioNTech or Moderna (mRNA) COVID-19 vaccine as part of their primary series.

Name: mRNA-1273

Manufacturer: ModernaTX, Inc.

Type of Vaccine: mRNA

Number of Shots: 2 shots, 28 days apart  
Some immunocompromised people should get 3 shots.

Booster Shot: Some groups of people are recommended to get a booster shot at least 6 months after getting their second shot. You can get any of the COVID-19 vaccines authorized in the United States for your booster shot.

How Given: Shot in the muscle of the upper arm

Does NOT Contain: Eggs, preservatives, latex, metals

### **Who Should Get Vaccinated**

The Moderna vaccine is recommended for people aged 18 years and older.

### **Who Should NOT Get Vaccinated**

If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction, even if it was not severe, to any ingredient in an mRNA COVID-19 vaccine (such as polyethylene glycol), you should not get an mRNA COVID-19 vaccine.

If you had a severe or immediate allergic reaction after getting the first dose of an mRNA COVID-19 vaccine, you should not get a second dose of either of the mRNA COVID-19 vaccines (Moderna or Pfizer-BioNTech).

A severe allergic reaction is one that needs to be treated with epinephrine or EpiPen or with medical care. Learn about common side effects of COVID-19 vaccines and when to call a doctor.

An immediate allergic reaction means a reaction within 4 hours of getting the shot, including symptoms such as hives, swelling, or wheezing (respiratory distress).

If you aren't able to get an mRNA COVID-19 vaccine, you may still be able to get a different type of COVID-19 vaccine.

### **Moderna COVID-19 Vaccine Ingredients**

All COVID-19 vaccine ingredients are safe. Nearly all of the ingredients in COVID-19 vaccines are ingredients found in many foods – fats, sugars, and salts. The Moderna COVID-19 vaccine also contains a harmless piece of messenger RNA (mRNA). The COVID-19 mRNA teaches cells in the body how to

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create an effective immune response to the virus that causes COVID-19. This response helps protect you from getting sick with COVID-19 in the future. After the body produces an immune response, it discards all of the vaccine ingredients, just as it would discard any information that cells no longer need. This process is a part of normal body functioning.

All COVID-19 vaccines are manufactured with as few ingredients as possible and with very small amounts of each ingredient. Each ingredient in the vaccine serves a specific purpose as seen in the table below.

**The Moderna COVID-19 Vaccine contains the following ingredients:**

**Messenger ribonucleic acid (mRNA)**

Nucleoside-modified mRNA encoding the viral spike (S) glycoprotein of SARS-CoV-2

Provides instructions the body uses to build a harmless piece of a protein from the virus that causes COVID-19. This protein causes an immune response that helps protect the body from getting sick with COVID-19 in the future.

**Lipids (fats)**

PEG2000-DMG: 1,2-dimyristoyl-rac-glycerol, methoxypolyethylene glycol

1,2-distearoyl-sn-glycero-3-phosphocholine

BotaniChol® (non-animal origin cholesterol)

SM-102: heptadecane-9-yl 8-((2-hydroxyethyl) (6-oxo-6-(undecyloxy) hexyl) amino) octanoate

Work together to help the mRNA enter cells.

**Salt, sugar, acid stabilizers, and acid**

Sodium acetate

Sucrose (basic table sugar)

Tromethamine

Tromethamine hydrochloride

Acetic acid (the main ingredient in white household vinegar)

Work together to help keep the vaccine molecules stable while the vaccine is manufactured, frozen, shipped, and stored until it is ready to be given to a vaccine recipient.

**Ingredients that are NOT used in Moderna COVID-19 vaccines**

The above table lists ALL ingredients in the Moderna COVID-19 Vaccine. There are NO ingredients in this vaccine beyond what is listed in the table. The Moderna COVID-19 Vaccine has:

No preservatives like thimerosal or mercury or any other preservatives.

No antibiotics like sulfonamide or any other antibiotics.

No medicines or therapeutics like ivermectin or any other medications.

No tissues like aborted fetal cells, gelatin, or any materials from any animal.

No food proteins like eggs or egg products, gluten, peanuts, tree nuts, nut products, or any nut byproducts (COVID-19 vaccines are not manufactured in facilities that produce food products).

No metals like iron, nickel, cobalt, titanium, rare earth alloys, or any manufactured products like microelectronics, electrodes, carbon nanotubes or other nanostructures, or nanowire semiconductors.

No latex. The vial stoppers used to hold the vaccine also do not contain latex.

**Possible Side Effects**

In the arm where you got the shot:

Pain

Redness

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Swelling  
Throughout the rest of your body:  
Tiredness  
Headache  
Muscle pain  
Chills  
Fever  
Nausea

**DETAILS FOR THE JOHNSON AND JOHNSON VACCINE**  
**Johnson & Johnson's Janssen COVID-19 Vaccine Overview and Safety**  
Updated Oct. 29, 2021

Name: JNJ-78436735

Manufacturer: Janssen Pharmaceuticals Companies of Johnson & Johnson

Type of Vaccine: Viral Vector

Number of Shots: 1 shot

Booster Shot: At least 2 months after receiving your vaccine. You can get any of the COVID-19 vaccines authorized in the United States for your booster shot. People who developed thrombosis with thrombocytopenia syndrome after their initial Janssen vaccine should not receive a Janssen booster dose.

How Given: Shot in the muscle of the upper arm

Does NOT Contain: Eggs, preservatives, latex, metals

**Who Should Get Vaccinated**

The J&J/Janssen COVID-19 Vaccine is recommended for people 18 years and older.

**Who Should NOT Get Vaccinated**

If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction, even if it was not severe, to any ingredient in the J&J/Janssen COVID-19 Vaccine (such as polysorbate), you should not get the J&J/Janssen COVID-19 Vaccine.

A severe allergic reaction is one that needs to be treated with epinephrine or EpiPen or with medical care. Learn about common side effects of COVID-19 vaccines and when to call a doctor.

An immediate allergic reaction means a reaction within 4 hours of exposure, including symptoms such as hives, swelling, or wheezing (respiratory distress).

If you aren't able to get the J&J/Janssen COVID-19 Vaccine, you may still be able to get a different type of COVID-19 vaccine. Get more information for people with allergies.

**Johnson & Johnson (J&J)/Janssen COVID-19 Vaccine Ingredients**

All COVID-19 vaccine ingredients are safe. Nearly all of the ingredients in COVID-19 vaccines are also the ingredients in many foods – fats, sugars, and salts. The J&J/Janssen COVID-19 vaccine also contains a piece of a modified virus that is not the virus that causes COVID-19. This modified virus is called the vector virus. The vector virus cannot reproduce itself, so it is harmless. This vector virus gives instructions to cells in the body to create an immune response. This response helps protect you from getting sick with COVID-19 in the future. After the body produces an immune response, it discards all of the vaccine

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ingredients just as it would discard any information that cells no longer need. This process is a part of normal body functioning.

All COVID-19 vaccines are manufactured with as few ingredients as possible and with very small amounts of each ingredient. Each ingredient in the vaccine serves a specific purpose as seen in the table below.

The J&J/Janssen COVID-19 Vaccine contains the following ingredients:

**A harmless version of a virus unrelated to the COVID-19 virus**

Recombinant, replication-incompetent Ad26 vector, encoding a stabilized variant of the SARS-CoV-2 Spike (S) protein

Provides instructions the body uses to build a harmless piece of a protein from the virus that causes COVID-19. This protein causes an immune response that helps protect the body from getting sick with COVID-19 in the future.

**Sugars, salts, acid, and acid stabilizer**

Polysorbate-80

2-hydroxypropyl- $\beta$ -cyclodextrin

Trisodium citrate dihydrate

Sodium chloride (basic table salt)

Citric acid monohydrate (closely related to lemon juice)

Ethanol (a type of alcohol)

Work together to help keep the vaccine molecules stable while the vaccine is manufactured, shipped, and stored until it is ready to be given to a vaccine recipient.

**Ingredients that are NOT used in J&J/Janssen COVID-19 vaccines**

The above table lists ALL ingredients in the J&J/Janssen COVID-19 Vaccine. There are NO ingredients in this vaccine beyond what is listed in that table. The J&J/Janssen COVID-19 Vaccine has:

No preservatives like thimerosal or mercury or any other preservatives.

No antibiotics like sulfonamide or any other antibiotics.

No medicines or therapeutics like ivermectin or any other medications.

No tissues like aborted fetal cells, gelatin, or any materials from any animal.

No food proteins like eggs or egg products, gluten, peanuts, tree nuts, nut products, or any nut byproducts (COVID-19 vaccines are not manufactured in facilities that produce food products).

No metals like iron, nickel, cobalt, titanium, rare earth alloys, or any manufactured products like microelectronics, electrodes, carbon nanotubes or other nanostructures, or nanowire semiconductors.

No latex. The vial stoppers used to hold the vaccine also do not contain latex.

**Possible Side Effects**

In the arm where you got the shot:

Pain

Redness

Swelling

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Throughout the rest of your body:

Tiredness

Headache

Muscle pain

Chills

Fever

Nausea