

Congratulations on getting the vaccine!

Will I have side effects from the COVID-19 vaccine?



- The side effects are from your immune system making antibodies for COVID-19 (*this means it's working!*)
- The most common symptoms are similar to those from other types of vaccines.

What are common side effects after the vaccine?



<https://www.PreventCOVID.org>

What can I do for these side effects?



Move or exercise your arm
 Put a clean, cool, wet washcloth over the area



Drink plenty of water
 Get some rest

- If this doesn't help, talk to your doctor about taking over-the-counter pain medication after your vaccine (not before). There may be stronger side effects after the second dose.
- Some people may have temporary swollen lymph nodes. If you get a cancer screening, avoid a false alarm by telling your doctor you got the vaccine.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

We want Community Immunity ("Co-Immunity"), so talk to your family and friends about the vaccine



>75%

Need to be vaccinated to protect others who are vulnerable or can't be vaccinated

<https://ecampusontario.pressbooks.pub/immunizations/chapter/community-immunity/>

How many doses do I need?

Pfizer (age 12+)	2 doses	21 days (3 weeks) apart
Moderna (age 18+)	2 doses	28 days (4 weeks) apart
Johnson & Johnson (age 18+)	1 dose	(one and done!)

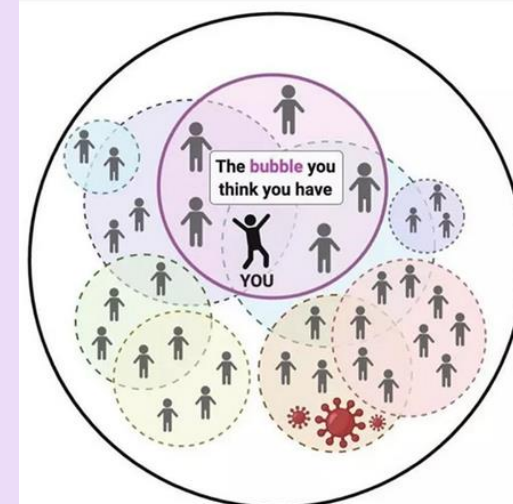
- Studies have shown the second doses (Pfizer, Moderna) are effective 42 days (6 weeks) apart, possibly longer. You do not need to re-start the doses.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/second-shot.html>

If people are getting the vaccine, why do we still have safety guidelines?

- Local communities depend on most people getting the vaccine to protect each other. Not everyone has been vaccinated yet and some people can't get the vaccine.
- Without enough people vaccinated against COVID-19, the virus continues to spread and mutate into new variants.
- Without enough people are getting tested for COVID-19, so it can be harder to prevent the spread. The virus can spread easily in crowds and with poor air ventilation indoors.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>



The bubble you **actually** have

What are the risks and benefits of getting the vaccine (or not getting it)?

BENEFITS OF THE VACCINE

- The vaccines offer protection against the new mutations of the virus. For the rare people who still get infected, the vaccine can prevent severe illness or death.
- The vaccine trains your body to have a much stronger immune response than being infected with COVID-19 without the side effects of COVID-19.



RISKS OF NOT GETTING THE VACCINE

- Many long-term effects of COVID-19 are still unknown; some survivors experience long-term effects like loss of taste/smell, shortness of breath, and ringing in the ears.
- New variants of COVID-19 may be more contagious or cause more serious illness.

<https://www.PreventCOVID.org>

I hear rumors about the vaccines – how do I know what is true?

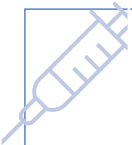
Check the sources of this information and see if the references and links are credible. Here are the facts about some common rumors about the COVID-19 vaccines.



No, the vaccine will not affect your fertility. It is also safe if you are pregnant or breastfeeding, since antibodies also protect the baby.



You may want to consider delaying alcohol right after your vaccine in case it worsens any potential vaccine side effects.



The vaccines protect us against the new variants and for at least 6 months, maybe longer. Scientists are doing research to see if we may need a booster shot.



Yes, some universities are requiring the vaccine (like they do for measles), since students live in close contact.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

<https://www.cdc.gov/vaccines/covid-19/hcp/faq.html>

What can I do after I am fully vaccinated?

You are fully vaccinated 2 weeks after your second dose (Pfizer, Moderna) or single dose (Johnson & Johnson).



Fully vaccinated means your immune system has made enough antibodies to fight SARS-CoV-2, just in case you are exposed.

Stay home if you have symptoms of COVID-19 (shortness of breath, cough, fever, chills, loss of taste/smell). You don't want to risk spreading it to others, especially if they are unvaccinated.

**The following mask guidelines were announced by the CDC on May 13, 2021 and are subject to change. You may choose to continue wearing a mask based on your own level of comfort and/or to continue protecting others around you.*

No masks* are necessary for the fully vaccinated unless

- It is required by federal, state, local, tribal, or territorial laws, rules, or regulations (local businesses and workplaces)
 - This includes California's mask mandate through June 15, 2021 (also subject to change)
- You are in a crowded indoor place (bus, plane, train, airport, hospital, etc.)
- You have a weakened immune system (since you may not be fully protected)
- You have COVID-19 symptoms

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/324153_choosingSaferActivities11.pdf

Other questions or concerns? Contact your local doctor or public health department. Visit us at www.stopcovid-19ca.org