

# COVID-19 VACCINE FAQ'S

## 1 What does the COVID vaccine do?

The vaccine helps your body produce a protein that teaches your body how to fight the COVID-19 virus. When your body learns how to fight a virus, you build your immunity. That way, if you are exposed to the virus, your body will know how to fight it so you will not get sick.

## 2 Will the vaccine give me COVID-19?

No. The vaccine does not contain the live virus. You can't get infected or infect others with COVID-19 if you get the 19 vaccine.

## 3 What is in the vaccine?

The Moderna and Pfizer vaccines have something called mRNA, which helps your body learn how to fight off the COVID-19 virus. mRNA is **NOT** the virus, and will not change your DNA. The Johnson & Johnson vaccine uses a different, non-harmful virus to help your body learn how to fight COVID-19. There is no chip or anything else in the vaccine that will track you.

## 4 Do I need the vaccine if I've had COVID-19?

Yes. Even if you have had COVID-19, there is a chance you can get it again. Scientists don't know if you will be protected forever if you have already had COVID-19. Getting the vaccine lowers the chance you will get COVID-19 again.

## 5 If I get the vaccine, does this mean I will never get COVID-19?

No. The vaccines are effective, but there is a small chance you could get COVID-19 after you've been vaccinated. This is similar to other vaccines, like the flu vaccine. If you get the vaccine, it is still important to wear masks, maintain social distance and wash your hands.

## 6 Can we trust the vaccine?

Yes. Even though it was made quickly, a lot of time, money, and scientific research about this new type of vaccine was spent while making the vaccines.

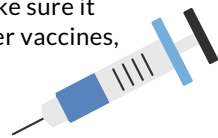
The vaccines were tested on thousands of brave volunteers to make sure it worked before giving it out to the public. This is normal. Many other vaccines, like the flu vaccine, also get made rapidly and are still effective.

## 7 Are there side effects?

Some people may get side effects, which is normal for any vaccine. Side effects are usually signs that your body is becoming immune. Side-effects may include pain, redness and swelling at the injection site, fatigue, headache, muscle pain, chills, joint pain, fever, nausea, malaise, and swollen lymph nodes. Side effects may be stronger after the 2nd shot, if you've received a two-dose vaccine. Long-term effects are unknown, but most vaccines don't have long-term side effects.

## 8 Can I get the vaccine if I have allergies?

Yes, but...talk to your doctor before getting the vaccine if you have a history of allergic reactions. Serious allergic reactions were not seen in the vaccine clinical trials, but rare allergic reactions are possible. The COVID-19 vaccine does not contain animal products such as eggs.



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## Can my own immune system protect me?

No. COVID-19 can cause serious illness and death. You are at a higher risk for COVID-19 if you don't get vaccinated. If you get COVID-19, you also risk giving it to loved ones. Getting a vaccine is a safer choice.

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## Can kids get the vaccine?

Yes! Youth age 12 and up can get receive the Pfizer vaccine. A vaccine for children younger than age 12 is not yet available.

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## Is one vaccine better than the other?

No. All three vaccines are very similar and equally effective. It is recommended to take whatever vaccine is made available to you. If you receive Pfizer or Moderna, be sure to receive both doses of the same type of vaccine.

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## Can this vaccine protect me from new strains of the virus?

**Most Likely.** Scientists believe all three vaccines will protect you from the new COVID-19 strains.

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## How many doses are needed and why?

Pfizer and Moderna vaccines require two shots of the same vaccine. The first shot gives you some protection and helps your body recognize the virus, but you are still at risk of getting severe COVID-19 until you get the second shot. The Johnson & Johnson vaccine only requires one dose.

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## Can I get the vaccine if i'm pregnant or breastfeeding?

**Yes, but...** Talk to your medical provider before getting the vaccine. They will help you make the safest decision for you and your baby.

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## Does the vaccine cost money?

No. The vaccine is FREE for anyone, even if you do not have insurance and regardless of your immigration status.

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## Will I be required to get the vaccine?

No. The vaccine is not required. However, the more people that get vaccinated, the lower the risk is for others to get Covid-19.

# WHAT CAN YOU DO?

If you want to learn more about the COVID-19 Vaccine, where you can get vaccinated, or more information on COVID-19, visit [www.heartlandhealthcenters.org/coronavirus](http://www.heartlandhealthcenters.org/coronavirus)