

THIS IS HOW WE LIVE.

KNOW THE FACTS: COVID-19 VACCINES

It's normal to have questions about new treatments and vaccines. It's normal for myths and mistruths to circulate when something new comes along. We want to get you informed, to arm you with the facts, and to assist in your decision to protect yourself and your family with a COVID-19 vaccine. Now, we have highly effective vaccines that will help stop the spread of COVID-19. But, the responsibility is ours, as a community, to protect our loved ones and do our part to help end this pandemic.

WHY SHOULD I GET VACCINATED?

Vaccination works by teaching your immune system to recognize and fight the virus that causes COVID-19. Vaccines can help protect you from getting sick and stop its spread to others. Although many people experience only mild symptoms with COVID-19, for others, the virus may cause severe illness, long-term health effects or even death.

HOW DOES THE VACCINE WORK?

The COVID-19 vaccine triggers a response from your immune system, creating antibodies and giving you protection should you be exposed to the real virus. After vaccination, your body creates a harmless piece of protein that resembles part of COVID-19. Your immune system will recognize the new protein as something that should not be present and

immediately begins to build an immune response, creating protection from future COVID-19 infection or severe illness.

DO I NEED TO CONTACT MY DOCTOR BEFORE GETTING THE VACCINE?

A doctor's order is not required, but it is always wise to talk to your primary care doctor who knows your health history and can address any concerns or questions you may have about getting the vaccine.

DOES THE VACCINE CONTAIN LIVE VIRUS?

No. Currently, two kinds of vaccines are available in the U.S. – mRNA and viral vector vaccines. Neither contains live COVID-19 virus, and neither can cause COVID-19. Both are proven effective in preventing COVID-19.

FAST FACTS

Authorized vaccines have undergone rigorous testing and met high standards for safety and efficacy.

All available vaccines have demonstrated 100% efficacy against hospitalization and death from COVID-19.

You should be vaccinated regardless of whether or not you have already had COVID-19.



Get the facts about the vaccine at methodisthealth.org/yourshot.



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IS THE VACCINE SAFE AND EFFECTIVE?

All COVID-19 vaccines currently available in the U.S. are very effective at preventing the disease. If the vaccine is prescribed as more than one dose, it is essential to complete the vaccine series for optimal protection.

WHAT IS THE TIME PERIOD BETWEEN THE TWO DOSES?

The Johnson & Johnson (J&J) vaccine is a single dose. For the Pfizer vaccine, the second dose is given 21 days after the first. The Moderna vaccine second dose is given 28 days after the initial vaccination. Your second dose should not be received earlier than the recommended interval. It is important to complete the vaccine series for optimal protection.

WHAT ARE THE SIDE EFFECTS?

The most common side effects of COVID-19 vaccines are mild pain in the arm at the injection site, feeling tired, headache, body aches, chills and fever. These are normal, and a sign that your body's immune system is working properly.

HOW LONG ARE VACCINES EFFECTIVE?

We don't know how long protection lasts for those who are vaccinated. Experts are working to learn more about both natural immunity (after having COVID-19) and vaccine-induced immunity. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice.

WHO IS ELIGIBLE TO BE VACCINATED?

There is currently a limited supply of vaccines, but availability will increase over coming weeks and months. Three phases of eligibility are based on age and risk rankings and implemented at the state and local levels. Ultimately, the plan is for everyone in the U.S. who wants a vaccine to receive one.

IF I ALREADY HAD COVID-19, AM I ELIGIBLE FOR THE VACCINE?

Because reinfection with COVID-19 is possible and due to its severe health risks, the CDC recommends vaccination even after having the virus. Evidence suggests that reinfection within 90 days of initial illness is uncommon. The FDA therefore recommends that people may consider delaying the vaccine until near the end of this 90-day period.

If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting the vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting the vaccine.

CAN I STOP WEARING A MASK AND SOCIAL DISTANCING?

It will take several months before everyone can receive the vaccine. It is essential that we continue safety precautions – including wearing a mask, washing hands and social distancing – in order to protect ourselves and our loved ones and to stop the spread of the virus.

IT'S UP TO US!

The future of the virus is up to each of us. So we encourage you to get informed. Talk to your doctor. Get a shot. And let's get back to how we want to live.

And remember, stopping a pandemic requires using all the tools we have available.

**Wear your mask.
Wash your hands.
Keep your distance.
Get vaccinated!**

Community Awareness Campaign Made Possible by Generous Donors to Methodist Healthcare Foundation.



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