

COVID-19 VACCINES - WHAT TO EXPECT

COVID-19 VACCINES AT A GLANCE

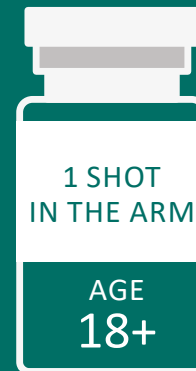
PFIZER-BIONTECH
(mRNA)



MODERNA
(mRNA)



JOHNSON & JOHNSON/JANSSEN
(traditional)



**Both shots must be of the same vaccine.*

Those who are pregnant or breastfeeding, or those with severe allergies to vaccines or carry an epi-pen should consult their health care provider prior to receiving the vaccine.

SIDE EFFECTS TO EXPECT:

You may experience a range of side effects that could develop within a day or two of getting vaccinated:



- In the arm where you received your shot: pain, redness and swelling
- In the rest of your body: chills, tiredness and headaches

It's important to understand that these are all signs your immune system is working and generally last one day.

The CDC communicates that the benefits of getting the vaccine outweigh the risks of getting ill from COVID-19.

V-SAFE CARD:

Upon receiving the vaccine, you can sign up for V-safe, a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccine. More information can be found on [the CDC website](https://www.cdc.gov/vaccines/imz/services/v-safe/).



v-safeSM
after vaccination
health checker



HOW DO THE VACCINES WORK?

The vaccines use mRNA (Pfizer and Moderna) or an adenovirus (Johnson & Johnson) to tell your cells how to make antibodies that protect you against COVID-19.

They will not alter your DNA.

Individuals who get the vaccine will not be contagious or shed live virus.

CONTINUE TO PRACTICE THE 3-WS:

Even after getting vaccinated, it will still be important to protect those around you by continuing to



**WATCH YOUR
DISTANCE**



WEAR A MASK



**AND WASH YOUR
HANDS.**