COVID-19 VACCINE BASICS

COVID-19 vaccines are safe and work.

A vaccine is designed to prevent diseases. COVID-19 vaccines tell your body how to recognize and fight the viruses that cause COVID-19. COVID-19 vaccines cannot give you COVID-19. COVID-19 vaccines are very good at protecting you from COVID-19 disease. If you do get sick with COVID-19 after being vaccinated, it is less likely that you will get very sick or have to go to the hospital.

The COVID-19 vaccines were carefully tested in a diverse group before being authorized for emergency use. Tens of thousands of Black, Latinx, American Indian, and Asian people participated in the Pfizer, Moderna, and Johnson & Johnson vaccine studies. We know that these communities, along with our disability and LGBTQ+ communities, are often excluded from the benefits of medicine and experience ongoing and historical racism, medical trauma, and abuse. These factors worsen the impact of COVID-19 for these communities and emphasize the importance that the vaccine works and is safe for all.

No safety steps were skipped in the making of the COVID-19 vaccines. The Food and Drug Administration (FDA) required safety data for the vaccines to be authorized. Additionally, medical researchers continue to monitor the vaccines for safety.

Why should you get the COVID-19 vaccine?

- **Protect yourself** from severe COVID-19 and long-term impacts of COVID-19.

- **Help us put an end to the pandemic.**

- **Support your community.** Protect those who cannot be vaccinated (young children) or do not respond well to vaccination (those with weakened immune systems).

- **Vaccine is FREE** for everyone. Insurance and immigration status does not matter.

THE VACCINE DOES NOT HAVE

- Preservatives
- Pork products or gelatin
- Egg
- COVID-19 live virus

Who can get the vaccine?

All Minnesotans ages 5 years and older are recommended to get vaccinated.

For tips on making an appointment, visit Ways to Find a COVID-19 Vaccine (www.health.state.mn.us/diseases/coronavirus/vaccine/findvax.pdf).
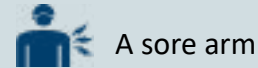
What to expect when you get the vaccine

- People trained to give the vaccine will walk you through the process, discuss any potential risks or side effects, and answer questions.

- Each of the vaccine products has a different schedule so be sure you know when to come back if you need another dose.

  ◊ Some people might need a third dose of the Pfizer or Moderna COVID-19 vaccine if they have certain conditions that weaken their immune system.

  ◊ Most people will need an additional dose of vaccine, called a booster shot, after their initial vaccine series. The booster shot helps to keep protection at a high level. Right now, it is recommended for everyone 12 years and older.

- You will receive a vaccine card when you get your vaccine. This will have which kind of vaccine you received.

- You will be monitored after you get the vaccine for any serious side effects.

SIDE EFFECTS

Some people have side effects after getting the vaccine. Side effects usually last one or two days and usually do not prevent you from daily activities. You may have:

- A sore arm
- Muscle aches
- Tiredness
- Headache
- Fever/chills

If you have serious side effects, go to a hospital or call 911.

Keep yourself and others safe

Make sure you and your family are up to date on all COVID-19 vaccine doses you are eligible for, including boosters. It is important to continue to follow current public health recommendations to reduce the spread of COVID-19. These steps help support the hard work vaccines are doing to prevent COVID-19 spread:

- Wear a mask.
- Stay home if you are sick.
- Wash your hands.
- Stay 6 feet from others.

MINNESOTA

mn.gov/vaccine