Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.

To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.

The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.

Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.

www.cdc.gov/coronavirus/vaccines
When you get the vaccine, you and your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.

Even after you get your vaccine, you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don’t know how long the vaccine will protect you, so it’s a good idea to continue following the guidelines from CDC and your health department. We also know not everyone will be able to get vaccinated right away, so it’s still important to protect yourself and others.
Why Get Vaccinated?

To Protect Yourself, Your Coworkers, Your Patients, Your Family, and Your Community

- Building defenses against COVID-19 in this facility and in your community is a team effort. And you are a key part of that defense.
- Getting the COVID-19 vaccine adds one more layer of protection for you, your coworkers, patients, and family.

Here are ways you can build people’s confidence in the new COVID-19 vaccines in your facility, your community, and at home:

- Get vaccinated and enroll in the v-safe text messaging program to help CDC monitor vaccine safety.
- Tell others why you are getting vaccinated and encourage them to get vaccinated.
- Learn how to have conversations about COVID-19 vaccine with coworkers, family, and friends.

www.cdc.gov/coronavirus/vaccines
COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may feel like flu and may even affect your ability to do daily activities, but they should go away in a few days.

**Common side effects**

<table>
<thead>
<tr>
<th>On the arm where you got the shot:</th>
<th>Throughout the rest of your body:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Pain</td>
<td>• Fever</td>
</tr>
<tr>
<td>• Swelling</td>
<td>• Tiredness</td>
</tr>
<tr>
<td>• Chills</td>
<td>• Headache</td>
</tr>
</tbody>
</table>

**Helpful tips**

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

**When to call the doctor**

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

**Remember**

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It’s important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

**HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:**

If your temperature is ____ °F or ____ °C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: ____________________________________________

**Healthcare provider phone number:** ____________________________

**Medication (if needed):**

Take __________________ every ____ hours as needed.

(type and dose or amount)