

Note: This information is collected from the Oregon Health Authority's COVID-19 resources, found at covidvaccine.oregon.gov

COVID-19 vaccines are safe and effective



What you need to know

You may be eligible for the COVID-19 vaccine soon, and we want you to be prepared and confident about getting the vaccine. The COVID-19 vaccines that are approved for emergency use by the Food and Drug Administration (FDA) are safe and effective.



Vaccine trials

- ▶ All emergency-approved COVID-19 vaccines had large-scale clinical trials. Tens of thousands of people received the vaccines during these trials — far more participants than were tested in most trials.
- ▶ The current available vaccines are Pfizer, Moderna, and Johnson & Johnson. Decisions about which vaccine are given to whom are based on availability.
- ▶ Trial participants came from a range of diverse backgrounds.
- ▶ The FDA approved the vaccines for emergency use, after a careful review of the trial data.
- ▶ There were no serious safety issues found during any of the vaccine trials.



Vaccine safety

- ▶ The vaccines cannot give you COVID-19.
- ▶ Vaccines cannot change your DNA.
- ▶ There is no evidence that the vaccines can make you sterile.
- ▶ Even if you are allergic to some things, you won't necessarily be allergic to a COVID-19 vaccine.
- ▶ There is a national system (known as VAERS) that tracks and follows up on any problems people may have after getting a COVID-19 vaccine.



Effectiveness

- ▶ The emergency-approved COVID-19 vaccines are highly effective in preventing serious illness due to COVID-19.
- ▶ Even if you already had COVID-19, getting infected again is possible so you should still get the vaccine.

You can get this information in different languages, large print, electronic format, oral presentation (face-to-face or on the phone) or braille. Call Customer Service at 888-712-3258 or TTY 711. Our hours are 8 a.m. to 8 p.m. every day.

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What you need to know about getting the COVID vaccine

How to prepare

See below for information about when you can get the vaccine and how to be ready for your appointment.

1 Eligibility and scheduling

To find out when you're eligible and where you can get your vaccine, you can:



Visit the Oregon Health Authority's COVID vaccine webpage at covidvaccine.oregon.gov

OR



Contact your local retail pharmacy — like Albertsons, Costco, Health Mart, Safeway and Walgreens. The federal government is supplying retail pharmacies in Oregon with 100 doses of the COVID-19 vaccine each week.

Please understand that call wait times or website load times may be longer than normal.

2 Getting the vaccine

- ▶ Have food and water beforehand.
- ▶ Wear clothes that allow you to remove or pull down your sleeve, in order to get the vaccine in your upper arm.
- ▶ Wear a face covering.
- ▶ Bring your Member ID card with you.
- ▶ After you receive the vaccine, you will need to wait for 30 minutes for monitoring.
- ▶ The whole appointment should take between 30 to 60 minutes.
- ▶ The Moderna and Pfizer vaccines are given in two doses. The first shot helps your immune system recognize the virus, and the second strengthens the immune response.
- ▶ For those vaccines, ask about your second shot when you get the first shot.

3 Side effects

- ▶ Common side effects of the COVID-19 vaccine include:
 - Fever.
 - Headaches or muscle aches.
 - Pain where you get the shot.
- ▶ These are normal side effects of vaccines.
- ▶ Side effects are a sign of a good immune response.
- ▶ They are much less severe than getting COVID-19.

4 After you get the vaccine

- ▶ You're not fully vaccinated until about two weeks after your second dose.
- ▶ If you test positive for COVID-19 after receiving the vaccine, it is a true positive. Please follow public health guidelines for isolation.
- ▶ Keep up safety measures:
 - Wear a mask.
 - Stay at least six feet away from other people.
 - Wash your hands.
 - Stay home if you're sick.
 - Keep gatherings small.

Safety measures help keep people from passing the COVID-19 virus to others, and keep protecting us all until enough people in our communities are vaccinated.

