# COVID-19 vaccines
## Free, safe and effective

## What you need to know

All people ages 12 and older are eligible for the COVID-19 vaccine. People ages 12-17 are only eligible for the Pfizer vaccine, and people ages 12-14 must have permission from a parent or guardian. The COVID-19 vaccines that are approved by the Food and Drug Administration (FDA) are safe and effective.

### Vaccine trials

- All 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.

- Trial participants came from a range of diverse backgrounds.

- The FDA fully approved the Pfizer vaccine and approved the other 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 in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 855-722-8206 or TTY 711.

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# What you need to know about getting the COVID vaccine

## 1 How to get the vaccine

There are multiple ways to make an appointment to receive a COVID-19 vaccine, and many locations are offering walk-in (or drive-through) vaccines without an appointment:

**Visit the Clatsop County Public Health COVID-19 vaccine webpage at *bit.ly/clatsop-vaccine***

**OR**

**Contact your local retail pharmacy.** The federal government is distributing the COVID-19 vaccine to retail pharmacies in Oregon.

## 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.**