

**Note:** This information is collected from the Oregon Health Authority's COVID-19 resources, found at [covidvaccine.oregon.gov](https://covidvaccine.oregon.gov)

# 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 **Tillamook County Public Health COVID-19 vaccine webpage** at [tillamookchc.org](https://tillamookchc.org)

**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.**

