

COVID-19 VACCINE INFORMATION



The two COVID-19 vaccines currently available in the United States do not contain eggs, preservatives, or latex. For a full list of ingredients, please see each vaccine's Fact Sheet for Recipients and Caregivers:

1. [Pfizer-BioNTech COVID-19](#)
2. [Moderna COVID-19](#)

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 affect your ability to do daily activities, but they should go away in a few days.

Both COVID-19 mRNA vaccines require 2 shots to get the most protection. The timing between your first and second shot depends on which vaccine you received. You should get your second shot:

1. [Pfizer-BioNTech](#): 3 weeks (or 21 days) after your first shot
2. [Moderna](#): 1 month (or 28 days) after your first shot

You should get your second shot as close to the recommended 3-week or 1-month interval as possible. However, there is no maximum interval between the first and second doses for either vaccine. You should not get the second dose earlier than the recommended interval.

Common Side Effects

On the arm where you received the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

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 receive the shot:

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

To reduce discomfort from fever:

- 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 received the shot increases after 24 hours
- Your side effects are worrying you or do not seem to be going away after a few days.

Clearing up Myths about the Vaccine:

- ***The COVID-19 vaccine will give me COVID and make me sick***- This is a myth! None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with Covid-19
- ***If I receive the vaccine, I will test positive for COVID-19***- This is a myth! Please remember that the vaccines do not contain a live virus. Your body should have an immune response which is the goal of vaccination. You will not test positive on a COVID-19 test after receiving the vaccine.
- ***I have already had COVID-19 and recovered so I do not need to receive a vaccine***- This is a myth! Due to the severe health risks associated with COVID-19 those that have had covid-19 and recovered should receive the vaccine because the likelihood of reinfection is high.
- ***COVID-19 vaccines will alter my DNA***- This is a myth! In no way will COVID-19 mRNA vaccines interact or alter your DNA. The mRNA vaccines teach our cells to make protein that triggers an immune response. The mRNA never reaches the nucleus which is where DNA resides and unable to alter your genetics.