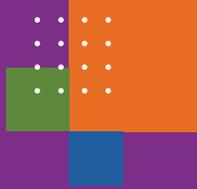


# Choosing the COVID-19 Vaccine that is Right for You



**Three COVID-19 vaccines are available in the United States. Understand the benefits and risks to help you decide which vaccine is right for you.**



## **COVID-19 Can Cause Severe Illness**

COVID-19 is caused by a coronavirus that spreads in the air, especially when an infected person speaks, sneezes, or coughs indoors. COVID-19 can cause severe illness, pneumonia, and death, and we are still learning about its long-term effects.

## **Vaccination is Recommended for People Ages 12 and Older**

The CDC recommends that all individuals ages 12 and older receive COVID-19 vaccination. It is your choice to get vaccinated.

## **Vaccine Options**

The Pfizer-BioNTech (2 doses, 21 days apart), also known as Comirnaty, has been fully approved by the FDA for persons ages 16 and older. The Pfizer-BioNTech vaccine has FDA Emergency Use Authorization for use in persons 12 to 15 years of age. The Moderna (2 doses, 28 days apart) and Johnson & Johnson (1 dose) vaccines have FDA Emergency Use Authorization for persons 18 years and older.

## **Benefits of Getting the Vaccine**

All vaccines currently available:

- **Are proven to be safe and effective at preventing COVID-19**
- **Help protect people from getting sick, severely ill, or dying from COVID-19**
- **Help prevent people from spreading the virus to others**

To receive the most protection, people should receive all recommended doses of the vaccine. Vaccinating as many people as possible will help us all get past this pandemic.

## **What to Expect When You Get the Vaccine**

**Common Side Effects** (All COVID-19 vaccines): A few days after vaccination, you might have pain or swelling at the injection site or headache, fatigue, muscle aches, nausea, or fever. These are normal signs that your body is building protection.





## Risks Associated with Getting the Vaccine

- **Rare Severe Allergies** (All COVID-19 vaccines): Rare, sudden allergic reactions may occur within a few minutes to one hour after getting a dose, including an itchy rash or hives, trouble breathing or swallowing, swelling of the face or throat, dizziness, stomach upset, or fast pulse.
- **Rare Blood Clots** (J&J): A small number of individuals have developed very rare blood clots during the first few weeks following the Johnson & Johnson vaccination. These are clots of blood vessels in the brain, abdomen, or legs, along with low levels of cells that stop bleeding, and may lead to serious illness or death. Most people who have developed these blood clots have been women under age 50. Their symptoms began 1–2 weeks after vaccination. To date, these rare blood clots have not been associated with the Pfizer or Moderna vaccines.
- **Rare Myocarditis and Pericarditis** (Pfizer-BioNTech and Moderna): There have been rare cases of myocarditis and pericarditis following mRNA COVID-19 vaccination (Pfizer-BioNTech and Moderna) particularly in male adolescents and young adults, more often after getting the second dose than the first dose and typically within several days of vaccination. Symptoms include chest pain, shortness of breath, and feelings of having a fast-beating, fluttering, or pounding heart.
- **Rare Guillain-Barre Syndrome** (J&J): There have been rare cases of Guillain-Barre Syndrome after receiving the Johnson & Johnson COVID-19 vaccine. Guillain-Barre Syndrome is a neurological disorder in which the body's immune system damages nerve cells, causing muscle weaknesses or in the most severe cases, paralysis. Cases of Guillain-Barre Syndrome have largely been reported about 2 weeks after vaccination with Johnson & Johnson COVID-19 vaccine and mostly in males, many age 50 years and older. You should seek medical attention if you experience weakness or tingling sensations in both legs, which may spread to the arms and upper body.

## Seeking Care

Seek medical attention right away, or call 9-1-1, if you have severe symptoms after vaccination, such as trouble breathing or swallowing, swelling of the face or throat, shortness of breath, chest pain, leg swelling, persistent abdominal pain, severe headaches, blurred vision, many bruises, or tiny blood spots under your skin. Call your vaccination provider or healthcare provider if you have any symptoms that bother you or do not go away after a few days

## More Information

If you need help making an appointment or have questions, call (833) 422-4255 or visit [VaccinateAll58](#) or the [CDPH website](#)