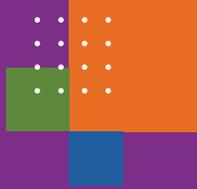


Choosing the COVID-19 Vaccine that's Right for You



Three COVID-19 vaccines have been authorized by the FDA for emergency use given the severity of the COVID-19 pandemic. 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 Age 16+

The CDC recommends that all individuals age 16 and older receive COVID-19 vaccination. It is your choice to get vaccinated, and you can choose which vaccine you receive. Your decisions will not change your standard medical care.

Vaccine Options

The three vaccines currently authorized and recommended in the U.S. to prevent COVID-19 are:

- Pfizer-BioNTech (2 doses, 21 days apart)
- Moderna (2 doses, 28 days apart)
- Johnson & Johnson (1 dose)

Benefits of Getting the Vaccine

All vaccines currently available are proven to be safe and effective at preventing COVID-19. Vaccination helps protect people from getting sick or severely ill with COVID-19 and might also help protect people around them. 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.

More Information

If you need help making an appointment or have questions, call (833) 422-4255 or visit www.vaccinateall58.com or www.cdph.ca.gov.

Risks Associated with Getting 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
- **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** (Johnson & Johnson COVID-19 vaccine) The first few weeks following the Johnson & Johnson vaccination, a small number of individuals have developed very rare blood clots. 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 seen after the Pfizer or Moderna vaccines.

Seeking Care

Seek medical attention right away, or call 9-1-1, if you have severe symptoms after vaccination, such as 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.

