This is Our Shot to protect ourselves, our families and our coworkers

What are the COVID-19 vaccines?

- The three vaccines that are authorized and recommended by the CDC to prevent COVID-19 are made by Pfizer, Moderna, and Johnson & Johnson.
- Pfizer and Moderna require two shots. After the first dose, you need a second one to get the most protection.
- Pfizer is 21 days after.
- Moderna is 28 days after.
- Johnson & Johnson requires one shot.

What’s the concern about the Delta variant?

- Viruses, like COVID-19, constantly change through mutation producing new variants of the virus. The COVID-19 Delta variant has one or more mutations that makes it easier to catch. It is now the most common COVID-19 variant in the United States.
- After Delta became the most common variant, fully vaccinated people were much less likely to get hospitalized or die from COVID-19 than unvaccinated people. The highest number of cases and serious illness is happening in places with low vaccination rates.

Are the COVID-19 vaccines effective against the Delta variant?

- Yes, COVID-19 vaccines are very effective, but no vaccine is perfect. Infections in fully vaccinated people happen in only a small percentage of people and tend to be mild.
- Fully vaccinated people have a very reduced risk of serious illness and death from COVID-19 compared with unvaccinated people.

Are the vaccines free?

- Yes, all three vaccines are free in the United States.

Can kids get the vaccine?

- Yes, kids 12 years of age and older can get the Pfizer vaccine.

Why do we need to get the COVID-19 vaccine?

- All three vaccines reduce your risk of getting COVID-19. And if you do get COVID-19, all three vaccines greatly reduce your risk of getting seriously sick or dying from COVID-19.
- All three vaccines build protection by training your body’s immune system to protect you from the virus.
- We can save lives and help stop the pandemic if we do this together. When more of us get the vaccine, we will all be more protected.

Is the COVID-19 vaccine safe?

- All three COVID-19 vaccines were tested and found to be safe and effective.
- Millions of people in the United States have already received COVID-19 vaccines.
- CDC recommends you get a COVID-19 vaccine as soon as you are eligible.
- Allergic reactions after the COVID-19 vaccine are rare and are treatable.
- Blood clots with low platelets after the Johnson & Johnson vaccine are very rare.
- Myocarditis and pericarditis after the Pfizer or Moderna vaccine are rare and treatable.
What are the side effects?
Side effects are normal signs that your body is building protection and go away in one or two days for most people.

On your arm where you got the shot, you may feel:
- Pain
- Swelling
Throughout the rest of your body, you may feel:
- Fever
- Tiredness
- Chills
- Headache

Who can get a booster shot?5,6

Johnson & Johnson:
- You can get a booster shot if you had your Johnson & Johnson shot at least 2 months ago.
- Everyone who had the Johnson & Johnson vaccine can get a booster shot.

Pfizer or Moderna:
- You can get a booster shot if you had your second Pfizer or Moderna shot at least 6 months ago and you are in one of these categories:
  - 65 years and older
  - 18 years and older and live in long-term care setting7
  - 18 years and older and have underlying medical conditions.8
  - 18 years and older and work in high-risk setting.9 Food service workers in kitchens and restaurants are eligible for the booster.
  - 18 years and older and live in high-risk setting10

Can I choose which vaccine I get for my booster shot?
- You can choose which vaccine you receive as a booster. For your booster you can get the same vaccine type you had before or you can get a different vaccine.

Am I still fully vaccinated if I don’t get a booster shot?
- Yes, everyone is still considered fully vaccinated two weeks after their second vaccine dose of Pfizer or Moderna and two weeks after the Johnson & Johnson one dose vaccine.

Does needing a booster shot, mean that the vaccines aren’t working?
- No. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death, even against the Delta variant but there can be reduced protection for older people, people with underlying medical conditions, and people who live and work in high-risk settings.

Pfizer and Moderna Myocarditis and Pericarditis Risk6,7

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7 Examples of long-term care settings are nursing home, assisted living for disabled, group homes, adult foster care, and transitional housing. See https://acl.gov/covid19/covid-19-vaccine-access-long-term-care-settings
9 Examples of workers who may get Pfizer-BioNTech booster shots are First responders (e.g., healthcare workers, firefighters, police, congregate care staff); Education staff (e.g., teachers, support staff, daycare workers); Food and agriculture workers; Manufacturing workers; Corrections workers; U.S. Postal Service workers; Public transit workers; Grocery store workers. See CDC. https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#HighRisk
10 Per the CDC, “Adults aged 18–64 years who work or reside in certain settings (e.g., health care, schools, correctional facilities, homeless shelters) may be at increased risk of being exposed to COVID-19, which could be spreading where they work or reside.” https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#HighRisk
• A rare risk of inflammation of the heart—called myocarditis and pericarditis—has been observed. Confirmed cases have mainly been among young men between 16 to 30 years old and have occurred within a week after receiving the Pfizer or Moderna shot (more often after the second dose).
• Most patients with myocarditis and pericarditis recovered well after treatment and rest.
• If you or your child has already gotten the first dose of the Pfizer or Moderna vaccine, it’s important to get the second dose unless your doctor tells you not to get it.

Be on the lookout for any of the following symptoms:
- Chest pain
- Shortness of breath
- Feelings of having a fast-beating, fluttering, or pounding heart

Seek medical care if you think you or your child have any of these symptoms within a week after COVID-19 vaccination.

**Johnson & Johnson Vaccine Update**

- On April 23, 2021, after a thorough safety review, the CDC and FDA lifted the temporary pause on the Johnson & Johnson vaccine.
- The CDC recommends that women younger than 50 years old should be aware of the rare risk of blood clots with low platelets after receiving the Johnson & Johnson vaccine and that there are other COVID-19 vaccine options available, such as Pfizer and Moderna. For women 50 years and older and men of all ages, the risk of getting blood clots with low platelets is even more rare.
- For three weeks after getting the vaccine, according to the CDC your risk of developing blood clots with low platelets is very low, but you should be on the lookout for the following possible symptoms:
  - Severe or persistent headaches or blurred vision
  - Shortness of breath
  - Chest pain
  - Leg swelling
  - Persistent abdominal pain
  - Easy bruising or tiny blood spots under the skin beyond the injection site.

After getting the vaccine, don’t stop protecting yourself, your coworkers and your family. Keep wearing a mask when around others at work and outside of work, stay at least 6 feet away from others, avoid crowds, avoid poorly ventilated spaces, and wash hands often.

For more information about the COVID-19 vaccine: [unitehere.org/vaccine](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html)