

# 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



## Pfizer and Moderna Myocarditis and Pericarditis Risk<sup>1,2</sup>

- 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<sup>3,4</sup>

- 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.

## 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.<sup>5</sup>

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

- All three vaccines will reduce your risk of getting seriously sick or dying if you get 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 rare.
- Blood clots after the Johnson & Johnson vaccine are very rare.

## 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



**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://unitehere.org/vaccine)

1. CDC. Myocarditis and Pericarditis. Updated June 23, 2021. What You Need to Know. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>
2. FDA. Fact Sheet for Recipients and Caregivers. What are the Risks of the Pfizer-BioNTech COVID-19 Vaccine? <https://www.fda.gov/media/144414/download>
3. CDC. CDC Recommends Use of Johnson & Johnson's Janssen COVID-19 Vaccine Resume. Updated April 25, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html>
4. CDC. FDA and CDC Lift Recommended Pause on Johnson & Johnson (Janssen) COVID-19 Vaccine Use Following Thorough Safety Review. <https://www.cdc.gov/media/releases/2021/fda-cdc-lift-vaccine-use.html>
5. CDC. Your COVID-19 Vaccination. Update May 24, 2021. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html>