STAY SAFE MN

COVID-19 VACCINE BASICS

COVID-19 vaccines are safe and work.

A vaccine is designed to prevent diseases. COVID-19 vaccines tell your body how to recognize and fight the COVID-19 virus. The COVID-19 vaccines cannot give you COVID-19. The COVID-19 vaccines are very good at protecting you from COVID-19 disease. If you do get sick with COVID-19 after being vaccinated, it is less likely that you will get very sick or have to go to the hospital.

The COVID-19 vaccines were carefully tested in a diverse group before being authorized for emergency use. Tens of thousands of Black, Latinx, American Indian, and Asian people participated in the Pfizer, Moderna, and Johnson & Johnson vaccine studies. We know that these communities, along with our disability and LGBTQ+ communities, are often excluded from the benefits of medicine but experience ongoing and historical racism, medical trauma, and abuse. These factors worsen the impact of COVID-19 for these communities and emphasize the importance that the vaccine works and is safe for all. That is why medical researchers continue to monitor the vaccines for safety even after they are used in the general population.

What to expect when you get the vaccine

- People trained to give the vaccine will walk you through the process, discuss any potential risks or side effects, and answer questions.
- For some COVID-19 vaccines, you need to get two doses to be protected. If you get the Johnson & Johnson vaccine, you only need one dose.
  - ◊ Some people might need a third dose of COVID-19 vaccine if they have certain conditions that weaken their immune system.
  - ◊ Some people might need an additional dose of vaccine called a booster dose.
- The person who gives you the vaccine can tell you how many does of vaccine you need and when to get them.
- You will be monitored after you get the vaccine for any serious side effects.
- You will receive a vaccine card when you get your vaccine. This will have which kind of vaccine you received.
- It is your choice to get the vaccine.

Keep yourself and others safe

Two weeks after your final dose of vaccine (second dose in a two-dose series or first dose in a one-dose series), you are considered fully vaccinated. It is important to continue to follow current public health guidance to reduce the spread of COVID-19. When recommended:

| Wear a mask. | Wash your hands. | Stay 6 feet from others. | Stay home if you are sick. |

MINNESOTA

mn.gov/vaccine

Why should you get the COVID-19 vaccine?

- Protect yourself from COVID-19.
- Support your community. Help keep businesses, schools, and other places open.
- Vaccine is FREE for everyone. Insurance and immigration status does not matter.
- Helps us put an end to the pandemic.

THE VACCINE DOES NOT HAVE

- Preservatives
- Pork products or gelatin
- Egg
- COVID-19 live virus

Who can get the vaccine

All Minnesotans in the authorized age groups are eligible to get the COVID-19 vaccine. This includes people with medical conditions, who have had COVID-19, and those of different ages, races, and ethnicities. People who are pregnant and people with weak immune systems should get vaccinated. Talk to your doctor if you have questions.

For tips on making an appointment, see **Ways to Find a COVID-19 Vaccine** (www.health.state.mn.us/diseases/coronavirus/vaccine/findvax.pdf).

SIDE EFFECTS

Some people have side effects after getting the vaccine. Side effects usually last one or two days and usually do not prevent you from daily activities. You may have:

- A sore arm
- Muscle aches
- Tiredness
- Headache
- Fever/chills

If you have serious side effects, go to a hospital or call 911.

CARES

www.southcentral.edu/StaySafe

South Central COLLEGE