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COVID-19 Vaccine Information Brochure

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Key Things to Know about COVID-19 Vaccines

What You Need to Know

- COVID-19 vaccines are [safe and effective](#).
- You may have [side effects](#) after vaccination. These are normal and should go away in a few days.
- It typically takes two weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. You are not fully vaccinated until 2 weeks after the 2nd dose of a two-dose vaccine or two weeks after a one-dose vaccine.
- People [who have been fully vaccinated](#) can start to do some things that they had stopped doing because of the pandemic.

What We Are Still Learning

- We are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not have symptoms. Early data show that vaccines help keep people with no symptoms from spreading COVID-19.
- We are also still learning how long COVID-19 vaccines protect people.
- We are still learning how many people have to be vaccinated against COVID-19 before the population can be considered protected (population immunity).
- We are still learning how effective the vaccines are against new variants of the virus that causes COVID-19.

Availability of Vaccines

What we know

Vaccines are now more widely accessible in the U.S. Everyone ages 12 and older is recommended to [get a COVID-19 vaccination](#). Vaccines are now more widely accessible in the U.S. The federal government continues to work toward making vaccines [widely available for everyone at no cost](#). Learn more about [how COVID-19 vaccines get to you](#).

Many doctors' offices, retail pharmacies, hospitals, and clinics offer COVID-19 vaccinations. Your doctor's office or local pharmacy may contact you with information about their vaccination plans. Parents, check with your child's healthcare provider about whether they will offer COVID-19 vaccination. **Find a COVID-19 Vaccine:** Search [vaccines.gov](#), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you in the U.S.

How They Work

Viral vector vaccines use a modified version of a different virus (the vector) to deliver important instructions to our cells.

1. **First**, the vector (**not** the virus that causes COVID-19, but a different, harmless virus) will enter a cell in our body and then use the cell's machinery to produce **a harmless** piece of the virus that causes COVID-19. This piece is known as a spike protein and it is only found on the surface of the virus that causes COVID-19.
2. **Next**, the cell displays the spike protein on its surface, and our immune system recognizes it doesn't belong there. This triggers our immune system to begin producing antibodies and activating other immune cells to fight off what it thinks is an infection.
3. **At the end of the process**, our bodies have learned how to protect us against future infection with the virus that causes COVID-19. The benefit is that we get this protection from a vaccine, without ever having to risk the serious consequences of getting sick with COVID-19. Any temporary discomfort experienced after getting the vaccine is a natural part of the process and an indication that the vaccine is working.

Facts about COVID-19 Viral Vector Vaccines

They cannot give someone COVID-19 or other infections.

- Viral vectors cannot cause infection with COVID-19 or with the virus used as the vaccine vector.

They do not affect or interact with our DNA in any way.

- The genetic material delivered by the viral vector does not integrate into a person's DNA.

How They Are Being Rigorously Studied for Safety

Viral vector vaccines are [safe and effective](#).

Viral vector vaccines for COVID-19 are being held to the same [rigorous safety and effectiveness standards](#) as all other types of vaccines in the United States. The only COVID-19 vaccines the U.S. Food and Drug Administration (FDA) will make available for use in the United States (by approval or emergency use authorization) are those that meet these standards.

How They Have Been Used during Recent Outbreaks

Scientists began creating viral vectors in the 1970s. Besides being used in vaccines, viral vectors have also been studied for gene therapy, to treat cancer, and for molecular biology research. For decades, hundreds of scientific studies of viral vector vaccines have been done and published around the world. Some vaccines recently used for Ebola outbreaks have used viral vector technology, and a number of studies have focused on viral vector vaccines against other infectious diseases such as Zika, flu, and HIV.

mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept.

- The cell breaks down and gets rid of the mRNA soon after it is finished using the instructions.

COVID-19 mRNA Vaccines Will Be Rigorously Evaluated for Safety

mRNA vaccines are [safe and effective](#). mRNA vaccines have been held to the same [rigorous safety and effectiveness standards \[332 KB, 24 pages\]external icon](#) as all other types of vaccines in the United States. The only COVID-19 vaccines the Food and Drug Administration (FDA) will make available for use in the United States (by approval or emergency use authorization) are those that meet these standards.

mRNA Vaccines Are New, But Not Unknown

Researchers have been studying and working with mRNA vaccines for decades. Interest has grown in these vaccines because they can be developed in a laboratory using readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods of making vaccines.

mRNA vaccines have been studied before for flu, Zika, rabies, and cytomegalovirus (CMV). As soon as the necessary information about the virus that causes COVID-19 was available, scientists began designing the mRNA instructions for cells to build the unique spike protein into an mRNA vaccine. Future mRNA vaccine technology may allow for one vaccine to provide protection for multiple diseases, thus decreasing the number of shots needed for protection against common vaccine-preventable diseases. Beyond vaccines, cancer research has used mRNA to trigger the immune system to target specific cancer cells.

Understanding Viral Vector COVID-19 Vaccines

Updated Apr. 13, 2021

What You Need to Know

- Viral vector vaccines use a modified version of a different virus (the vector) to deliver important instructions to our cells.
- The benefit of viral vector vaccines, like all vaccines, is those vaccinated gain protection without ever having to risk the serious consequences of getting sick with COVID-19.

Viral vector vaccines are among the COVID-19 vaccines authorized for use in the United States.

Effectiveness

What we know

COVID-19 vaccines are effective at keeping you from getting COVID-19. [After you are fully vaccinated](#), you can start doing some things you had stopped doing because of the pandemic.

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19.

COVID-19 vaccination is an important tool to bring you closer to enjoying the activities you have missed.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes 2 weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection. People are considered fully vaccinated 2 weeks after their second dose of the Pfizer-BioNTech or Moderna COVID-19 Vaccine, or 2 weeks after the single-dose Johnson & Johnson's Janssen COVID-19 Vaccine.

You should keep using all the tools available [to protect yourself and others](#) until you are fully vaccinated. After you are fully vaccinated, you can start doing some things you had stopped doing because of the pandemic. Learn more about what you can do [when you have been fully vaccinated](#).

What we are still learning

Scientists are still learning **how well vaccines prevent you from spreading the virus**. We're also still learning **how long COVID-19 vaccines protects**. Although COVID-19 vaccines are effective at keeping you from getting sick, scientists **are still learning** how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not have symptoms. Early data show that vaccines help keep people with no symptoms from spreading COVID-19, but we are learning more as people get vaccinated. For these reasons, people who have been fully vaccinated against COVID-19 should keep taking precautions until we know more, like wearing a mask in indoor public places, avoiding large indoor gatherings, and washing your hands often. Vaccinated people do not need to wear masks outside except in crowds.

Safety

What we know

COVID-19 vaccines are [safe and effective](#). Vaccines cannot give you COVID-19. You may have side effects after vaccination. These are normal, and should go away in a few days.

Millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe. COVID-19 vaccines cannot give you COVID-19.

CDC has developed a new tool, v-safe, to help us quickly find any safety issues with COVID-19 vaccines. [V-safe](#) is a smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

You may have side effects after vaccination, but this is normal

After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building protection. The side effects from COVID-19 vaccination, such as tiredness, headache, or chills, may affect your ability to do daily activities, but they should go away in a few days. Learn more about [what to expect after getting vaccinated](#).

Population Immunity

What we know

Population immunity means that enough people in a community are protected from getting a disease because they've already had the disease or because they've been vaccinated.

Population immunity makes it hard for the disease to spread from person to person. It even protects those who cannot be vaccinated, like newborns or people who are allergic to the vaccine. The percentage of people who need to have protection to achieve population immunity varies by disease.

What we are still learning

We are still learning **how many people** have to be vaccinated against COVID-19 before the population can be considered protected.

As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

New Variants

What we are still learning

We are still learning how effective the vaccines are against new variants of the virus that causes COVID-19.

Understanding mRNA COVID-19 Vaccines

Updated Mar. 4, 2021

What You Need to Know

- mRNA vaccines are a new type of vaccine to protect against infectious diseases.
- mRNA vaccines teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside us.
- The benefit of mRNA vaccines, like all vaccines, is those vaccinated gain protection without ever having to risk the serious consequences of getting sick with COVID-19.

Messenger RNA vaccines—also called mRNA vaccines—are some of the first COVID-19 vaccines authorized for use in the United States.

New Approach to Vaccines

mRNA vaccines are a new type of vaccine to protect against infectious diseases. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

A Closer Look at How COVID-19 mRNA Vaccines Work

COVID-19 mRNA vaccines give instructions for our cells to make a **harmless piece** of what is called the “spike protein.” The spike protein is found on the surface of the virus that causes COVID-19.

1. **First**, COVID-19 mRNA vaccines are given in the upper arm muscle. Once the instructions (mRNA) are inside the immune cells, the cells use them to make the protein piece. After the protein piece is made, the cell breaks down the instructions and gets rid of them.
2. **Next**, the cell displays the protein piece on its surface. Our immune systems recognize that the protein doesn't belong there and begin building an immune response and making antibodies, like what happens in natural infection against COVID-19.
3. **At the end of the process**, our bodies have learned how to protect against future infection. The benefit of mRNA vaccines, like all vaccines, is those vaccinated gain this protection without ever having to risk the serious consequences of getting sick with COVID-19.

Facts about COVID-19 mRNA Vaccines

They cannot give someone COVID-19.

- mRNA vaccines do not use the live virus that causes COVID-19.

They do not affect or interact with our DNA in any way.

Different COVID-19 Vaccines

The best COVID-19 vaccine is the first one that is available to you. Do not wait for a specific brand. All currently authorized and recommended COVID-19 vaccines:

are safe ,	are effective , and	reduce your risk of severe illness.
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CDC does not recommend one vaccine over another.

Vaccine Brand Name	Who Can Get this Vaccine ^[1]	How Many Shots You Will Need	When Are You Fully Vaccinated?
Pfizer-BioNTech	People 12 years and older	2 shots Given 3 weeks apart ^[2]	2 weeks after your second shot
Moderna	People 18 years and older	2 shots Given 4 weeks apart ^[2]	2 weeks after your second shot
Johnson & Johnson's Janssen	People 18 years and older	1 shot	2 weeks after your shot

¹ If you have had a severe [allergic reaction](#) (anaphylaxis) or an immediate allergic reaction to any [ingredient in the vaccine you are scheduled to receive](#), you should not get that vaccine. If you have been instructed not to get one type of COVID-19 vaccine, you may still be able to get another type. Learn more [information for people with allergies](#).

² You should get your second shot as close to the recommended 3-week or 4-week interval as possible. However, your second shot may be given up to 6 weeks (42 days) after the first dose, if necessary.

Vaccines in Phase 3 Clinical Trials

As of February 27, 2021, large-scale (Phase 3) clinical trials are in progress or being planned for two COVID-19 vaccines in the United States:

- AstraZeneca COVID-19 vaccine
- Novavax COVID-19 vaccine

Learn more about U.S. COVID-19 vaccine clinical trials, including vaccines in earlier stages of development, by visiting [clinicaltrials.govexternal icon](#).

New [variants](#) of the virus that causes COVID-19 are spreading in the United States. Current information suggest that COVID-19 vaccines authorized for use in the United States offer protection against most variants. However, some variants might cause illness in some people after they are fully vaccinated if they are circulating in the community.

Myths and Facts about COVID-19 Vaccines

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical and can help stop common myths and rumors.

How do I know which COVID-19 vaccine information are accurate?

It can be difficult to know which sources of information you can trust. Before considering vaccine information on the Internet, check that the information comes from a credible source and is updated on a regular basis.

Can receiving a COVID-19 vaccine cause you to be magnetic?

No. Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals such as iron, nickel, cobalt, lithium, and rare earth alloys, as well as any manufactured products such as microelectronics, electrodes, carbon nanotubes, and nanowire semiconductors. In addition, the typical dose for a COVID-19 vaccine is less than a milliliter, which is not enough to allow magnets to be attracted to your vaccination site even if the vaccine was filled with a magnetic metal.

Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?

No. Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use contain a live virus.

The mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you. There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Like all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years.

Will a COVID-19 vaccine alter my DNA?

No. COVID-19 vaccines do not change or interact with your DNA at all. There are currently two types of COVID-19 vaccines that have been authorized and recommended for use in the United States: messenger RNA (mRNA) vaccines and a viral vector vaccine. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept. This means the genetic material in the vaccines cannot affect or interact with our DNA in any way. All COVID-19 vaccines work with the body's natural defenses to safely develop immunity to disease.

Can CDC mandate that I get a COVID-19 vaccine?

No. The federal government does not mandate (require) vaccination for people. Additionally, CDC does not maintain or monitor a person's vaccination records. Whether a state or local government or [employer](#), for example, can require or mandate COVID-19 vaccination is a matter of [state or other applicable law](#)[external icon](#). Please contact your state government or employer if you have other questions about COVID-19 mandates.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. None of the authorized and recommended COVID-19 vaccines cause you to test positive on [viral tests](#), which are used to see if you have a **current infection**. Neither can any of the COVID-19 vaccines currently in clinical trials in the United States.

If your body develops an immune response to vaccination, which is the goal, you may test positive on some [antibody tests](#). Antibody tests indicate you had

If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911.

Remember

- **Side effects can affect your ability to do daily activities**, but they should go away in a few days.
- **The Pfizer-BioNTech COVID-19 Vaccine & Moderna COVID-19 Vaccine both need 2 shots** in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a provider or your doctor tells you [not to get it](#).
- **You only need 1 shot of the Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine** to get the most protection. Learn more about [the different COVID-19 vaccines](#).
- **It takes time for your body to [build protection after any vaccination](#)**. People are considered fully vaccinated two weeks after their second shot of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose J&J/Janssen COVID-19 vaccine. You should keep using all the tools available [to protect yourself and others](#) until you are fully vaccinated.

Different COVID-19 Vaccines

Updated May 27, 2021

[CDC Monitoring Reports of Myocarditis and Pericarditis](#)

CDC has received increased reports of myocarditis and pericarditis in adolescents and young adults after COVID-19 vaccination. The known and potential benefits of COVID-19 vaccination outweigh the known and potential risks, including the possible risk of myocarditis or pericarditis. **We continue to recommend COVID-19 vaccination for people 12 and up.**

Vaccine Types

- [Understanding How COVID-19 Vaccines Work](#)
Learn how the body fights infection and how COVID-19 vaccines protect people by producing immunity.
- [COVID-19 mRNA Vaccines](#)
- [Viral Vector COVID-19 Vaccines](#)

Possible Side Effects After Vaccine

Updated May 25, 2021

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have none.

Common Side Effects

On the arm where you got the shot:

Pain	Redness	Swelling
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Throughout the rest of your body:

Tiredness	Headache	Muscle pain
Chills	Fever	Nausea

Helpful Tips to Relieve Side Effects

Talk to your doctor about taking over-the-counter medicine, such as ibuprofen, acetaminophen, aspirin, or antihistamines, for any pain and discomfort you may experience after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally. It is [not recommended](#) you take these medicines before vaccination for the purpose of trying to prevent side effects.

To reduce pain and discomfort where you got the shot

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever

- Drink plenty of fluids.
- Dress lightly. If You Received a Second Shot

Side effects after your second shot may be more intense than the ones you experienced after your first shot. These side effects are normal signs that your body is building protection and should go away within a few days.

When to Call the Doctor

In most cases, discomfort from pain or fever is a normal sign that your body is building protection. Contact your doctor or healthcare provider IF:

- redness or tenderness where you got the shot gets worse after 24 hours
- side effects are worrying you or do not seem to be going away after a few days

a **previous infection** and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended [COVID-19 vaccines or COVID-19 vaccines currently in development in the United States](#) contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

Can being near someone who received a COVID-19 vaccine affect my menstrual cycle?

No. Your menstrual cycle cannot be affected by being near someone who received a COVID-19 vaccine.

Many things can affect menstrual cycles, including stress, changes in your schedule, problems with sleep, and changes in diet or exercise. Infections may also affect menstrual cycles.

Benefits of Getting a COVID-19 Vaccine

Updated Apr. 12, 2021

COVID-19 vaccination will help keep you from getting COVID-19

- All COVID-19 vaccines currently available in the United States have been shown to be safe and effective at preventing COVID-19.
- All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you will get COVID-19.
- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19

- vaccine also helps keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, [particularly people at increased risk for severe illness from COVID-19](#).
- Experts continue to conduct studies to learn more about how COVID-19 vaccination may reduce spread of the virus that causes COVID-19.

Once you are fully vaccinated, you can do more

- [After you are fully vaccinated for COVID-19](#), you may be able to start doing some things that you stopped doing because of the pandemic. For example, you can gather indoors without masks with other people who are fully vaccinated.
- We are still learning how vaccines will affect the spread of COVID-19. Until we know more about how vaccines will affect the spread of COVID-19, people who are fully vaccinated against COVID-19 should keep [taking precautions](#) in public places like wearing a mask, staying 6 feet apart from others, avoiding crowds and poorly ventilated spaces, and washing your hands often.
- People are not considered fully vaccinated until two weeks after their second dose of the [Pfizer-BioNTech](#) or [Moderna](#) COVID-19 vaccine, or two weeks after a single-dose [Johnson & Johnson's Janssen](#) COVID-19 vaccine. You should keep using all the tools available [to protect yourself and others](#) until you are fully vaccinated.

COVID-19 vaccination is a safer way to help build protection

- COVID-19 can have [serious, life-threatening complications](#), and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others.
- Clinical trials for all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine before it is used under what is known as an Emergency Use Authorization (EUA). [Watch a video explaining an EUA](#).
- Getting COVID-19 may offer some protection, known as natural immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the months after initial infection, but may increase with time. The risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune) response without having to experience sickness.

- Both natural immunity and immunity produced by a vaccine are important parts of COVID-19 disease that experts are trying to learn more about, and CDC will keep the public informed.

COVID-19 vaccination will be an important tool to help stop the pandemic

- Wearing masks and staying 6 feet apart from others help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- A growing body of evidence suggests that fully vaccinated people are less likely to be infected without showing symptoms (called an asymptomatic infection) and potentially less likely to spread the virus that causes COVID-19. However, further investigation is ongoing.
- Stopping a pandemic requires using all the tools we have. As experts learn more about how COVID-19 vaccination may help reduce spread of the virus that causes COVID-19, CDC will continue to update its recommendations to protect communities using the latest science.

COVID-19 vaccines are safe and effective

We understand that some people may be concerned about getting vaccinated now that COVID-19 vaccines are available. While more COVID-19 vaccines are [being developed](#) as quickly as possible, routine processes and procedures remain in place to [ensure the safety](#) of any vaccine that is authorized or approved for use.

None of the COVID-19 vaccines can make you sick with COVID-19

None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make you sick with COVID-19.

Considerations for Taking Medication before Getting Vaccinated

For most people, it is not recommended to avoid, discontinue, or delay medications for underlying medical conditions around the time of COVID-19 vaccination. However, your healthcare provider should talk to you about what is currently known and not known about the effectiveness of getting a COVID-19 vaccine when taking immuno-suppressants.

It is not recommended you take OTC medicine before vaccination for the purpose of trying to prevent vaccine-related side effects. It is not known how these medications might affect how well the vaccine works. However, if you take these medications regularly for other reasons, you should keep taking them before you get vaccinated. It is also not recommended to take antihistamines before getting a COVID-19 vaccine to try to prevent allergic reactions.