


GET THE COVID-19 VACCINE IT'S SAFE AND IT WORKS!



FACTS ABOUT VACCINE SAFETY AND HOW YOU CAN PREVENT COVID-19

 The vaccine is available at no cost to HPSM members

Although most people who have COVID-19 have mild symptoms, COVID-19 can also cause severe illness and even death.

The covid-19 vaccine can help:

1. Keep your family and community safe
2. Bring the pandemic to an end
3. Bring us back together in the future, including being able to have gatherings and allowing kids to return to in-person learning

Visit hpsm.org/covid-19/vaccination to learn about the COVID-19 vaccine, including:



COVID-19
Vaccine Safety



Get the
COVID-19
Vaccine



What happens
after you get
the vaccine

- ✓ This booklet was made to educate the community about the safety of the COVID-19 vaccine. All facts listed are based on information from the U.S. Centers for Disease Control & Prevention (CDC), Food & Drug Administration (FDA) and other health experts.

Facts about the covid-19 vaccines:


COVID-19 vaccines were developed fast, but are safe

The quick development of the COVID-19 vaccine was possible because:

- The vaccines were based on decades of research. Scientists have been studying coronaviruses for over 20 years. The coronavirus that causes COVID-19 is just one of many types of coronavirus.
- Scientists from around the world shared their data with each other.
- A lot of funding from around the world went into the research.
- Many people signed up quickly to be part of the vaccine studies.

To date the FDA has approved three COVID-19 vaccines:

The logo for Johnson & Johnson, featuring the company name in a red, cursive script.The logo for Moderna, featuring the word "moderna" in a lowercase, sans-serif font with a blue dashed underline.The logo for Pfizer, featuring a blue stylized 'P' icon followed by the word "Pfizer" in a blue, sans-serif font.

 The FDA did not skip any steps in testing the COVID-19 vaccines for safety and success. They have gone through the same drug testing methods that experts have used for decades to make sure they are safe and work.

How the vaccines help protect you from COVID-19

The vaccines work by telling your cells to make a harmless protein found in COVID-19. By protecting you from the protein, your body learns how to protect you from COVID-19. None of the COVID-19 vaccines change your genes in any way.

- Pfizer and Moderna are both mRNA vaccines. They use messenger RNA (mRNA) to tell the body's cells to make the protein. Both vaccines fully protect against COVID-19 in around 95% of cases.
- Johnson & Johnson is a viral vector vaccine. It uses an altered, harmless cold virus to tell the body's cells to make the protein. The Johnson & Johnson vaccine fully protects against COVID-19 in 72% of cases. Its use was briefly paused, but since state and federal authorities declared the vaccine safe, San Mateo County Health started using it again. The vaccine will have a warning label and information materials so residents can decide if they want the vaccine.

The COVID-19 vaccines cannot make you sick with COVID-19

You may have side effects after getting the vaccine. This does not mean you have COVID-19. It is a normal sign that the vaccine is working. Common side effects are:

In the arm where you got the shot		
PAIN	SWELLING	REDNESS

Throughout the rest of your body		
CHILLS	TIREDNES	HEADACHES

Most side effects are mild to moderate and should go away within three days. If they do not, or if you have any questions, call your primary care provider (PCP) or HPSM's Nurse Advice Line at 1-833-846-8773.

Even if you had COVID-19, you should still get the vaccine

Most people who get COVID-19 do not get it again. There have been some cases of reinfection though. Also, experts don't know how long people are protected from COVID-19 after they get over it. If you get COVID-19 again, you also risk getting others around you sick. That is why you should still get vaccinated even if you had COVID-19.

Most people with health issues should get vaccinated

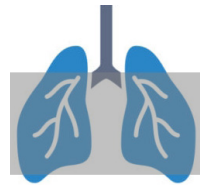
Do you or a loved one have a health issue? Such as:



Heart Disease



Diabetes



Lung disease

If so, you can and should get vaccinated. It may be even more vital for you to get vaccinated. That is because people with health issues are more likely to get very sick or die from COVID-19.

Call your PCP before you get the COVID-19 vaccine if you:

- Have more questions about whether it is safe for you to take the vaccine
- Have allergies to Polyethylene glycol (PEG) or Polysorbate
- Are unsure about your allergies

Pregnant and nursing women can get vaccinated

Based on current evidence, health experts believe the COVID-19 vaccine is safe for:



Pregnant women



Women who plan to get pregnant someday



New mothers (it will not harm nursing babies)

Prevent covid-19 from spreading in your home

We must continue to practice the safety measures that help prevent the spread of COVID-19. The best place to start protecting yourself and your loved ones is right in your own home.



If someone in your household has COVID-19 and you may have been exposed, you should **stay in your home** until the quarantine period ends.



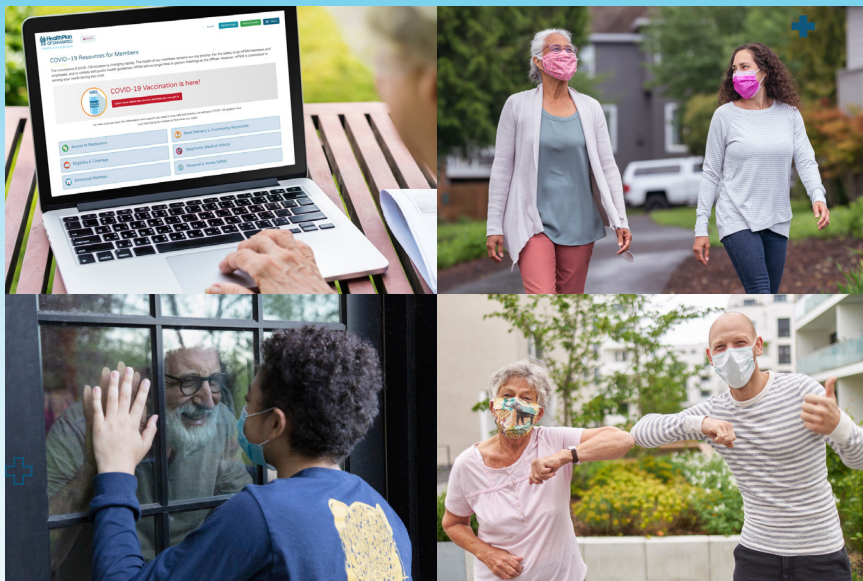
Wash your hands often with soap and water, or use hand sanitizer.



All household members should wear a mask when they are in the same room or space as one another and if they leave home.



Watch for symptoms and speak to your doctor if you develop fever, cough, shortness of breath, pain or pressure in your chest, or loss of taste and smell.



Place holder headline goes here.

Place holder copy will go here. Place holder copy will go here. Place holder copy will go here. Place holder copy will go here. Place holder copy will go here. Place holder copy will go here.

[hpsm.org](https://www.hpsm.org)

