

# What you should know about COVID-19 vaccines

## SIDE EFFECTS ARE NORMAL

You may experience some or none at all. Side effects are just an indication that your body is working to build protection against the virus. These side effects may occur within a day or two of getting the vaccine and should go away within a few days.

Here's what you may experience:

### On the arm where you got the shot

- Pain
- Redness
- Swelling

### Throughout the rest of your body

- Tiredness
- Chills
- Headache
- Fever
- Muscle pain
- Nausea



## YOU NEED TO KEEP PROTECTING YOURSELF

Until you're fully vaccinated, continue to practice the 3 Ws when out in public:



**Wear a mask**



**Watch your distance**



**Wash hands frequently**

## HOW LONG UNTIL YOU'RE FULLY VACCINATED

You're not fully vaccinated until two weeks after your second dose of the Pfizer/BioNTech or Moderna COVID-19 vaccines, and two weeks after the single-dose Johnson & Johnson COVID-19 vaccine.

### Once you're fully vaccinated, here's some of what you can do

Resume pre-pandemic activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance. The CDC recommends continued observance of travel protocols and, if you have symptoms of COVID-19, testing and staying at home or away from others.



**For the latest guidelines from the CDC, please visit:**  
[www.cdc.gov/coronavirus/2019-ncov/vaccines](https://www.cdc.gov/coronavirus/2019-ncov/vaccines).

This material is provided for informational use only and should not be construed as medical, legal, financial, or other professional advice or used in place of consulting a licensed professional. You should consult with an applicable licensed professional to determine what is right for you.

## THE VACCINES ARE SAFE AND EFFECTIVE

Vaccines have undergone extensive and rigorous testing prior to FDA authorization. Per the CDC, "The U.S. vaccine safety system ensures that all vaccines are as safe as possible."

The Pfizer/BioNTech, Moderna and Johnson & Johnson clinical trials showed the vaccines are **over 99% effective at preventing hospitalizations and deaths.**<sup>1</sup>

**The CDC recommends you get the vaccine even if you have already had COVID-19 and recovered.**<sup>2</sup>

<sup>1</sup>[www.usatoday.com/story/opinion/2021/02/12/all-covid-vaccines-stop-death-severe-illness-column/6709455002/](https://www.usatoday.com/story/opinion/2021/02/12/all-covid-vaccines-stop-death-severe-illness-column/6709455002/)

<sup>2</sup>[www.cdc.gov/coronavirus/2019-ncov/vaccines/faa.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faa.html)