

# COVID-19 VACCINE: GET THE FACTS

## What is the COVID-19 vaccine?

COVID-19 vaccines protect you from the virus that causes COVID-19 which can cause serious illness or death. Getting vaccinated will help keep you, your family, and your community healthy and safe. Please talk to your health care provider about the vaccines that are currently authorized by the U.S. Food and Drug Administration. The authorized vaccines are very effective at preventing severe disease and hospitalization.

## Is the vaccine safe?

The COVID-19 vaccines have gone through the same testing that is used for all vaccines to make sure they're safe and effective. A safety board approved every study, and the U.S. Food and Drug Administration carefully reviewed the data from every phase of every vaccine trial. People from racially and ethnically diverse backgrounds were part of the clinical trials to make sure it is safe and effective for different groups.

## What are the common side effects of the vaccine?

It is natural to be concerned and want more information about the possible side effects of the COVID-19 vaccines. The likelihood of a severe side effect is very low. When mild side effects occur, they are a normal sign your body is building protection to the virus, and most go away in a few days.

Some people may have:

- arm pain
- fatigue
- headache
- chills
- fever

## Can the vaccine give me COVID-19?

None of the COVID-19 vaccines contain the virus, so they can't give you COVID-19. These vaccines contain genetic instructions that allow your own cells to make one of the virus proteins. Your immune system reacts to this protein to make antibodies and other immune cells that can recognize and fight COVID-19 if you do get exposed.

## Do the vaccines change your DNA or genetic code?

**No.** Both the Pfizer-BioNTech and the Moderna vaccines are messenger RNA (mRNA) vaccines. They do not insert themselves in the genome, which is made of DNA.

## Do I still need to wear a face mask and practice social distancing after I get vaccinated?

**Yes,** for now you should continue to wear masks and practice social distancing in public or when around people who have not yet been vaccinated.

## Is the vaccine available for children?

**No,** the vaccine is not available for people under age 16 right now.

---

For more information, visit

→ [uihc.org/covid-vaccine](https://uihc.org/covid-vaccine)