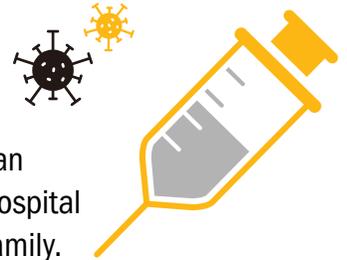


Protect Yourself, Protect Your Family

COVID-19 Vaccines Save Lives

If you are like many people, you may have questions about the COVID-19 vaccines:

Are they safe? Do they work? Are they necessary?



Doctors say that COVID-19 vaccines are safe and they work. When Hispanics and African Americans get COVID-19, they have a higher chance of getting very sick, going to the hospital or dying. A vaccine will help keep you well so you can protect and take care of your family.

You do not need insurance to get a COVID-19 vaccine. Doctors and nurses can answer your questions. COVID-19 can make you very sick, and vaccines are the best way for you, your family and your neighborhood to stay healthy.

ABOUT THE VACCINE



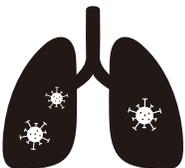
Are COVID-19 vaccines safe?

YES. COVID-19 vaccines were tested on tens of thousands of people and have been given to millions of people since then. Because studies showed that the vaccines are safe, the Food and Drug Administration (FDA) approved them for use. Doctors made and tested the COVID-19 vaccines faster than normal, but they did it safely. They used the same testing process they used to make other vaccines. It just took less time.



If I already had COVID-19, do I still need to get vaccinated?

YES. Doctors do not know how long you will be protected after having COVID-19. It is possible to become sick with the virus again.



Does having COVID-19 protect me more than getting the vaccine?

NO. Getting a vaccine is the best way to stay healthy. Doctors do not know how long you will stay well after having COVID-19, so the vaccines are the better way to not get sick. Doctors think that vaccines keep you well longer than getting well after having COVID-19.



Can the vaccine give me COVID-19?

NO. It is not possible to get COVID-19 from the vaccines, because the vaccines do not contain any live virus. The vaccines cannot give you COVID-19.



Will the flu vaccine keep me from getting COVID-19?

NO. The flu vaccine only keeps you from getting the flu. The COVID-19 vaccines are different than the flu vaccine, and they were specially made to help keep you from getting the COVID-19 virus. The flu vaccine is also important, and it can keep you from getting the flu at the same time as COVID-19. This can keep you from getting sicker.



Can people still get the vaccine if they want to have children in the future?

YES. Doctors do not think the COVID-19 vaccines will cause problems for people who want to get pregnant.



What are the side effects of the COVID-19 vaccine?

SIDE EFFECTS ARE USUALLY NOT BAD. Some people will have side effects from the vaccine, but other people will not. Most side effects are not bad and only last 1-3 days. Before you get the vaccine, you will get information about the side effects that could happen. The most common side effects are:

- Tiredness
- Headache
- Muscle and joint pain
- Swollen lymph nodes
- Pain at the injection site



Will the vaccine affect my DNA?

NO. The COVID-19 vaccines do not affect DNA at all. The vaccines are only made of things that tell your body how to fight COVID-19.



How do COVID-19 vaccines work?

VACCINES TEACH YOUR BODY. Vaccines teach your body to see and fight the COVID-19 virus. If you are close to someone who has the virus, your body will remember what it learned and will be ready to keep you well. Vaccines save millions of lives every year by keeping people well from diseases like diphtheria, tetanus, pertussis, measles and flu.



Can the COVID-19 vaccines be used in children?

RIGHT NOW, people ages 12 and older can get the Pfizer vaccine, and people ages 18 and older can get the Moderna and Johnson & Johnson vaccines. Doctors are still running tests to see if the vaccines are safe and work for younger children. When these tests are done, more children will be able to get a vaccine.

GETTING VACCINATED



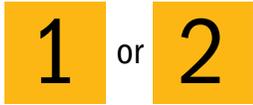
How much do vaccines cost?

NO INSURANCE, NO PROBLEM. The government will take care of the cost. But don't worry, we don't share your personal information with anyone.



Do I have to show proof of residency?

NO. You do not have to show proof of residency to get a COVID-19 vaccine, and you do not need a Social Security number.



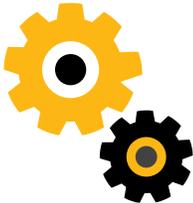
How many COVID-19 vaccine doses are needed?

IT DEPENDS. You need two doses of the Pfizer or Moderna vaccines. You can get the second vaccine dose 3 or 4 weeks after the first dose. You only need one dose for the newest vaccine from Johnson & Johnson.



Is one dose of the COVID-19 vaccine enough?

IT DEPENDS. If you get the Johnson & Johnson vaccine, you only need one dose. If you get the Pfizer or Moderna vaccine, you will need two doses.



Should I take a day off from work after I get the vaccine?

NO. Most people feel fine the next day. Some people are sore where they had the injection, feel tired or have a low fever or a headache. This is actually a good sign. Having side effects means the vaccine is working to teach your body to fight the virus. Side effects are more common after the second dose of the vaccine and should go away in a few days. Talk with your doctor or nurse if you have questions.



What happens if I miss the date of my 2nd dose?

You should get your second shot as close to the recommended 3-week or 4-week interval as possible. But if you miss that window of time, the CDC says you should get your second dose of the Pfizer or Moderna vaccines as soon as possible. Also, you do not have to restart the vaccine series. And you should not get the second dose early.



What about the risk of myocarditis in teens?

The CDC is closely monitoring that some young adults are developing myocarditis— inflammation in the heart muscle—after receiving the second dose of the COVID-19 vaccine. These reports are rare (approximately 12.6 cases per 1 million people vaccinated in the 12 to 39 age group). Those who received care responded well after treatment. The COVID-19 vaccine is still highly recommended for everyone 12 years and older, as the protection it offers far outweighs this rare and treatable risk.



Can I get the vaccine if I am pregnant or breastfeeding?

ASK YOUR DOCTOR. The American College of Obstetrics and Gynecology and the CDC believe that for pregnant women, the risk of not getting the vaccine is greater than any risk from the vaccine. Medical experts are still running tests on how the vaccines affect pregnant women, but so far no significant problems have been reported. Memorial Hermann offers the vaccine to pregnant women. If you have any questions, please consult your obstetrician.



Here is what the CDC says about pregnant or breastfeeding women getting the COVID-19 vaccine:

Getting vaccinated is a personal choice.

If you are pregnant, you may choose to receive a COVID-19 vaccine. You may want to have a conversation with your healthcare provider to help you decide. Here are some questions you can ask your healthcare provider:

- How likely is it that you will be exposed to COVID-19?
- What are the risks of COVID-19 to you and the potential risks to your baby?
- The vaccines were not studied in pregnant women, so what do we know about getting a COVID-19 vaccine during pregnancy?

VACCINE EFFECTIVENESS



Do the vaccines work differently for men or women, or people of different ages or races?

NO. The studies have shown that the vaccines are safe and work for all adults no matter their age, race or if they are a man or a woman. Some studies have shown that older people can have fewer side effects from the vaccines than younger people.



What is the Delta variant and do the COVID-19 vaccines protect me?

YES, those who are fully vaccinated are protected against variants—even if they were inoculated before Delta and other variants appeared. The Delta variant is a strain of coronavirus that exposes victims to a heavier viral load that affects their airways and can be more easily spread to others with minimal exposure.



How long does it take for the vaccine to work?

ABOUT 2 WEEKS. It takes about 2 weeks to be fully protected after getting your vaccine or vaccines. If you are around someone with COVID-19 right before or right after you get the vaccine, you might still get sick.



How long will the COVID-19 vaccine last?

WE DON'T KNOW YET. Doctors do not know how long you are protected by the vaccine. More research is being done to determine how long the protection lasts.

To learn more about COVID-19 vaccines, visit www.memorialhermann.org/shotofohope or www.cdc.gov.