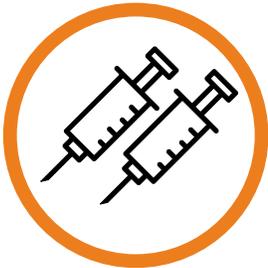


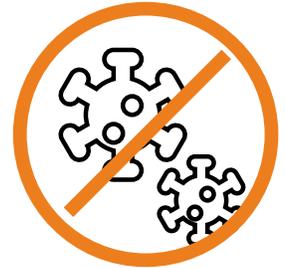
COVID-19 Vaccine: What You Need to Know



Two doses are required for full protection.



mRNA vaccines help your body quickly identify, remember, and respond to a virus even if it changes over time. Scientists have been studying mRNA vaccines for over 10 years.



The vaccines do not contain a live virus and cannot make you sick with COVID-19.

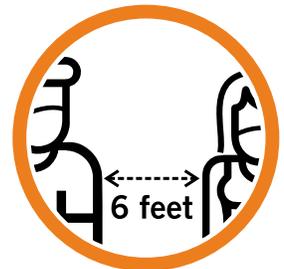


The vaccine is recommended for pregnant women or women who may become pregnant now and in the future.

- Communities of color have been most impacted by the COVID-19 virus, and the vaccine will help prevent more hospitalizations and deaths in minority communities.
- If you have recovered from COVID, you should be vaccinated to protect against future infection and to prevent spreading the virus to others.



Talk to your doctor if you have questions.



It is important to know that even with the vaccine, wearing a mask, washing your hands, and staying a safe distance away from others is still needed to stop the spread of the virus.

For more COVID 19 Vaccine information, visit www.sjready.org.

Common Myths about the COVID-19 vaccines

Myth: I had COVID-19 so I don't need the vaccine.

There are severe health risks associated with COVID-19 and re-infection is possible. The vaccine offers additional benefit and the CDC recommends that you get the vaccine even if you have had a COVID-19 infection.

Myth: I will be protected against COVID-19 after the first dose, and I don't need a second dose.

It is important to get the second dose in order to get the most protection the vaccine can offer. You won't get the full duration of protection from the vaccines until one to two weeks after the second dose.

Myth: The vaccine isn't safe.

COVID-19 vaccines were tested in large clinical trials with a diverse group of individuals to make sure they meet safety standards. There were no significant safety concerns identified. We will not administer a COVID-19 vaccine unless the FDA has determined it is safe and effective.

Myth: I have allergies, I shouldn't get the vaccine.

People with severe allergies who have experienced anaphylaxis in the past or allergic reactions to vaccines should talk to their primary care doctor about whether they should get the COVID-19 vaccine.

Myth: I got the vaccine so I don't have to wear a mask.

While the vaccine will offer protection to the vaccinated person, you can still spread the virus to others. It is important to continue to wear a mask, wash your hands often, and stay at least 6 feet away from others.

Myth: The vaccine was rushed.

Years of science and innovation have paved the way for this vaccine to be delivered quickly. Two reasons the vaccines were developed quickly are because mRNA vaccines can be produced faster than other vaccines, and researchers used existing clinical trial networks to begin conducting COVID-19 vaccine trials as soon as possible.

Myth: I'm young and low-risk and I don't need to get the vaccine.

It is possible to contract and infect others with COVID-19 even if you don't experience any symptoms of the virus. It's important to get the vaccine so that you don't unknowingly infect a vulnerable person around you.

Myth: I'm planning to get pregnant, and pregnant women shouldn't get the vaccine.

Vaccinating against COVID-19 is important as pregnant women are at increased risk for severe illness if they are infected with the virus. Talk to your doctor about what's right for you.