



COVID-19 Vaccine Information

- We are confident that the FDA-authorized COVID-19 vaccines are safe.
- We encourage everyone to get the vaccine to protect themselves and help end the pandemic. If you are pregnant or breastfeeding or have a history of allergic reactions to vaccines, speak with your doctor before getting the vaccine.
- There is a lot of misinformation about the COVID-19 vaccine being shared. It is important for everyone to read the science-based facts and refer to the CDC for information.
- <https://www.cdc.gov/coronavirus/2019-ncov>

Frequently Asked Questions

Question	Answer
Why should I get the COVID-19 vaccine?	The COVID-19 vaccine can keep you from getting sick with COVID-19. The vaccine gives your immune system a preview of the coronavirus, so it learns how to stop it. It triggers antibodies in your blood to attack the virus. Getting the vaccine will help you protect yourself and protect those who are unable to get the vaccine.
Are the vaccines safe?	COVID-19 vaccines are safe and effective. COVID-19 vaccines were evaluated in tens of thousands of participants in clinical trials. The vaccines met the Food and Drug Administration's (FDA) rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support approval or authorization of a vaccine. Vaccines have been found to be safe for pregnancy and women breastfeeding. The American College of Obstetrics and Gynecology and the Society of Maternal Fetal Medicine have both affirmed that the vaccines are safe and recommended in pregnancy.
How effective are the vaccines?	In clinical trials, the vaccines were very effective at keeping people from getting COVID-19, preventing more than 99% of infections. Those who have received that vaccine are 24X less likely to be hospitalized or die from COVID-19.
What are the common side effects?	The side effects are similar to the side effects of other vaccines. The most common side effects are pain or redness at the injection site, headache, fatigue, muscle or joint aches and low-grade fever. The Moderna vaccine may also cause nausea or vomiting. Most side effects last less than 24 hours, and people aged 55 and older report fewer side effects.
I have a medical condition. Should I get the vaccine?	The trials for the vaccines included people who had one or more medical conditions, and they were found to be safe and effective. If you are immunocompromised or have an autoimmune condition, please be sure to speak with your doctor first.
If I had COVID-19 previously, should I still get vaccinated?	If you have been sick with COVID-19 before, you should still get the vaccine. COVID-19 has severe health risks, and you can get it again. You must wait until you have recovered from COVID-19 to be vaccinated.
If I get vaccinated, can I stop wearing my mask?	Vaccinations bring us a step closer to ending the pandemic. However, it is still important to keep wearing a mask over your mouth and nose, wash your hands often, and stay at least 6 feet away from other people in areas of high transmission and susceptibility. Health authorities will let us know when it is safe to change our safety protocols.
Should I take the Johnson & Johnson vaccine?	CDC and FDA have recommended the use of Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine resume in the United States, effective April 23, 2021. However, women younger than 50 years old especially should be aware of the rare risk of blood clots with low platelets after vaccination, and that other COVID-19 vaccines are available where this risk has not been seen.
Should I get a vaccine booster?	Studies show that after getting vaccinated against COVID-19, protection against the virus may decrease over time and be less able to protect against the Delta variant. CDC Updated Oct. 7, 2021
Who is eligible for a booster?	Pfizer-BioNTech and Moderna vaccine recipients who completed their initial series at least 6 months ago and are: <ul style="list-style-type: none"> • 65 years and older • Age 18+ who live in long-term care settings • Age 18+ who have underlying medical conditions • Age 18+ who work in high-risk settings • Age 18+ who live in high-risk settings



	Johnson & Johnson COVID-19 vaccine booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago. CDC Updated Oct. 7, 2021
Can I mix my vaccines?	CDC's recommendations now allow for this type of mix and match for booster shots.
Are the vaccines for children effective and safe?	Millions of adolescents have been vaccinated with high success, reducing hospitalizations, and helping protect older family members and those with high-risk conditions. Side effects are rare. Myocarditis if occurs from vaccinations is typically mild and self-limited. Cases of myocarditis after vaccination occur in 5.4 out of 100,000 patients. Myocarditis due to COVID infection occurs in 150 of 100,000 patients and is potentially more dangerous connection. The dose and formula are specific for younger children. CDC Updated Oct. 7, 2021

Visit these websites for the latest information:

- Centers for Disease Control and Prevention (CDC) Coronavirus 2019: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/janssen-covid-19-vaccine-frequently-asked-questions>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>
- Boehmer TK, Kompaniyets L, Lavery AM, et al. Association Between COVID-19 and Myocarditis Using Hospital-Based Administrative Data — United States, March 2020–January 2021. MMWR Morb Mortal Wkly Rep 2021;70:1228–1232. DOI: <http://dx.doi.org/10.15585/mmwr.mm7035e5external>

COVID-19 Vaccine Myths & Facts

Myth	Fact
Myth: mRNA vaccines change your DNA.	According to the CDC, mRNA vaccines give your cells instructions to make copies of a harmless protein that is unique to the COVID-19 virus. Your body then builds immune responses to that protein, so your body remembers how to fight the virus. The mRNA does not go into the part of the cell where DNA is kept. It cannot change your genetic makeup, and it does not interact with your DNA in any way.
Myth: The government is implanting a tracking chip via the vaccine.	There are many false claims that the vaccines contain a microchip. In addition to the active ingredient, mRNA, the vaccines may contain small amounts of fats to protect the active ingredient prior to injection, sugars to keep it from clumping, salts to help match it to the environment of the human body, and substances that prevent contamination. These ingredients are common to most vaccines. There is an option, not currently used in the US, to place an RFID chip on the <u>outside of the syringe</u> . This chip only indicates when and where the vaccine is given. It is not inside the syringe, it is not in the vaccine, and it is not injected into the body. This RFID technology is already widely used in hospitals and pharmacies.
Myth: The vaccine will give you COVID- 19 or spread the virus.	You cannot get COVID-19 from mRNA vaccines. They do not contain the live virus, so you cannot spread the virus after receiving the vaccine.
Myth: The vaccine causes infertility in women.	Based on current science, experts believe that COVID-19 vaccines are safe for people who want to become pregnant in the short or long term. Also, a vaccine cannot be approved if it does not follow established safety rules. A vaccine must wait at least two months after the last shot is given during the clinical trial before it can be approved. This is so it can be monitored for safety. People who were in a clinical trial will be monitored for long-term side effects for at least two years. There is also no evidence that COVID-19 vaccines cause fertility problems in children. CDC Updated Oct. 7, 2021
Myth: Safety rules were bypassed to develop the vaccine quickly.	Operation Warp Speed (OWS) is a federal program that has been working to make a COVID-19 vaccine available as soon as possible. OWS provided federal resources and funding to help develop the vaccine faster. It also has strict rules to make sure the vaccines are safe and that they work. Vaccine supplies were available quickly because manufacturers began making the vaccines before the FDA gave them emergency use authorization. The clinical studies were not skipped or shortened.
Myth: mRNA technology is too new and not proven.	The National Institutes of Health state that research on mRNA technology began in the early 1990s with testing in animals. It has been studied for use in vaccines, including on humans, over the last ten years.



<p>Myth: It is better to take your chances and just get COVID-19.</p>	<p>It is true that most people who have COVID-19 have mild symptoms and recover. However, COVID- 19 can cause serious health risks, and some people still have symptoms months after they are infected. Also, some early research shows that natural immunity may not last long. The COVID-19 vaccine is a safer way to build immunity with fewer health risks. It will also help end the pandemic as quickly as possible.</p>
<p>Myth: People who are pro-life should be concerned about the way the vaccine was developed.</p>	<p>The United States Conference of Catholic Bishops have stated that the Pfizer and Moderna vaccines are morally acceptable.¹ The President of the Baptists Ethics and Religions Liberty Commission stated Christians will not act unethically if they receive a COVID vaccine.² The Ethics and Public Policy Center states the “production and use of any of the vaccines do not contribute to, cooperate with, or promote any abortion.”³ Finally, the Christian Medical and Dental Associations write, “The absence of any completely untainted ethical choice triggers the ethical principle that in such cases, an individual may in good conscience receive a vaccine in spite of the abortion connection when the good of protecting oneself and others from harm arising from vaccination outweighs the harm arising from the abortion connection.”⁴</p>

1. <https://www.usccb.org/resources/moral-considerations-regarding-new-covid-19-vaccines>
2. <https://www.baptistpress.com/resource-library/news/despite-ethical-questions-moore-says-taking-latest-vaccine-morally-right/>
3. <https://eppc.org/news/statement-from-pro-life-catholic-scholars-on-the-moral-acceptability-of-receiving-covid-19-vaccines>
4. <https://cmda.org/article/ethical-vaccines-ready-for-a-shot-in-the-arm>