



COVID-19 Vaccine Overview

Adapted from the CDC 1/07/2022

COVID-19 vaccines are effective.

- All COVID-19 vaccines currently available in the U.S. are very effective at preventing COVID. What's more, they dramatically decrease severe illness, hospitalization and death from COVID-19.
- Current vaccines are still effective against the most common circulating COVID-19 variants.
- Some fully vaccinated people may still contract COVID-19 (referred to as a 'breakthrough' infection), but their risk of developing severe disease or hospitalization is low.
- Booster doses for all three approved vaccines are now available. To see if you qualify, please check out our vaccine scheduling page.

COVID-19 vaccines are safe.

- Over 520 million COVID-19 vaccines have been administered in the U.S. and they have been proven to be safe.
- There are common and mild side effects with COVID-19 vaccination: pain/redness/swelling at the injection site, fever, headache, tiredness, muscle pain, chills and nausea. In most people, these side effects only last a day or two.
- As with any vaccine, there is a small risk of serious side effects.
 - Janssen vaccine: Can cause a rare syndrome called TTS (blood clots with low platelets.) *An updated risk-benefit analysis by the CDC shows that use of mRNA vaccines is preferred for all vaccine-eligible people.* Talk to your doctor if you have questions about this vaccine.
 - Pfizer and Moderna vaccines: Rare cases of myocarditis and pericarditis in adolescents and young males have been reported (more common after dose 2). The CDC has decided that the potential benefits of mRNA vaccination outweigh the potential risks. Most patients with myocarditis or pericarditis who received care responded well to medicine and rest and felt better quickly.

- Long-term side effects from COVID-19 vaccination are unlikely. Serious side effects that could cause a long-term health problem are extremely unlikely following ANY vaccination, including COVID-19 vaccination. Millions of people have received COVID-19 vaccines, and no long-term side effects have been detected.
- The CDC closely monitors the safety of all COVID-19 vaccines. Adverse events (including death) after vaccination are reported to VAERS (Vaccine Adverse Events Reporting System). Note that not every report to VAERS is actually caused by COVID-19 vaccination. Our vaccine safety monitoring systems have been working and have found rare side effects, allowing adequate notification and education to all vaccination providers.

COVID-19 is a serious and sometimes fatal disease.

- The death toll from COVID-19 is staggering at over 800,000 deaths in the US alone. Over 5 million people have died around the world.
- While the elderly and those with chronic medical conditions are at the highest risk of death, young and healthy patients are dying as well.
- COVID-19 is a complex disease that affects blood vessels and organs all over the body. Blood clots, heart damage, strokes and kidney failure can all happen with COVID-19 disease.
- Chronic COVID symptoms can be debilitating. We see these “long-haulers” in our clinics with months of persistent symptoms like fatigue, shortness of breath, and ‘brain fog.’

Getting back to pre-pandemic life:

- The CDC recommends everyone 5 years and older get vaccinated as soon as possible to help protect against COVID-19 and the related, potentially severe complications that can occur.
- Wear a good-fitting, multi-layered mask in public if your community has significant COVID transmission.
- It is still important to get vaccinated even if you have had COVID-19 disease. Vaccination immunity appears to be the most durable immunity.
- Vaccination makes sense, to restore our economy, our education system, and our collective mental health and wellness.
- Together we can get back to pre-pandemic life if we use all the tools that we have: vaccination, masking in public, social distancing, good hand hygiene, adequate ventilation and thorough sanitation of our spaces.

*Primary Health Medical Group
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