



COVID-19 Vaccine Overview

Adapted from the CDC 8/3/2021

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 severe disease or hospitalization is incredibly low.
- Fully vaccinated people are **8 times less likely** to contract COVID-19, and they are **25 times less likely** to experience hospitalization or death from COVID-19. This is why vaccination is our best tool to end this pandemic.

COVID-19 vaccines are safe.

- Over 340 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 few days.
- To date, there are only rare serious side effects associated with COVID-19 vaccination. Infrequently, anaphylaxis and myocarditis can occur after mRNA vaccination (Pfizer and Moderna brand). Blood clots with low platelets (TTS syndrome) and a neurological disorder (Guillain Barre Syndrome) are rarely associated with the Johnson and Johnson vaccine.
- 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 well over half a million deaths in the US alone. Over 4 million 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 12 years and older get vaccinated as soon as possible to help protect against COVID-19 and the related, potentially severe complications that can occur.
- It is still important to get vaccinated even if you have had COVID-19 disease. Vaccination immunity appears to be the most durable immunity.
- The more vaccinated people we have, the less chance of deadly variants that can spread.
- Vaccination makes sense, to restore our economy, our education system, and our collective mental health and wellness.
- Please follow the CDC’s recommendations for masking and social distancing when advised. Together with the important tool of vaccination, these mitigation techniques will help get us back to pre-pandemic life.

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