General Vaccine Information

Common side effects include:
1) Pain and swelling on the arm.
2) Flu-like symptoms such as fever, chills, tiredness, headache.

When to call the doctor after receiving the vaccine:
1) If the redness or pain where you got the shot increases after 24 hours.
2) If your side effects don’t seem to be going away after a few days.

To reduce pain on the site where you got the shot:
1) Apply a clean, cool, wet washcloth.
2) Use or move your arm.

To reduce discomfort from fever:
1) Drink a lot of water.
2) Dress lightly so you don’t overheat.
3) Take Tylenol or Advil if fever does not subside.

Side effects are normal and signs that your body is building protection against the virus.

Things to Remember After Vaccination

Shots are just one of the tools we use to fight COVID-19.

We also suggest hand-washing, mask-wearing and staying 6 feet apart.

If you think you may have been exposed to the virus, contact your doctor as soon as you can.

If you feel trouble breathing, tightness in your chest, or tiredness that won’t go away, call 911 or go to your local emergency room.

CDC: cdc.gov/coronavirus
BCHD: 443-984-8650
The following companies have been approved by the government to use their vaccinations:

**Johnson & Johnson:**
One single shot

**Pfizer-BioNTech:**
Two shots 21 days apart from each other

**Moderna:**
Two shots 28 days apart from each other

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**Myth and Facts**

**Myth:** COVID-19 is not real, so why should I get the vaccine?
**Fact:** COVID-19 has killed over half a million people in the United States alone. Getting the vaccine can prevent you from getting sick.

**Myth:** There is a microchip in the vaccine
**Fact:** There are no tracking devices or microchips in the vaccine, only contains what is needed to protect you from COVID-19.

**Myth:** The vaccine can change your DNA
**Fact:** No, the vaccine does not have the ability to change your DNA.

**Myth:** I can get COVID-19 from the vaccine
**Fact:** The vaccine does not contain a live virus. You may feel achy or feverish but this just means the vaccine is working.

**Myth:** The vaccine is not safe for me to take because it was made too quickly
**Fact:** One reason why the vaccines could be ready quickly was because of the thousands of people available to participate in research – the vaccine is safe to take.

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Scan the code using your mobile camera for any more information
When comparing pregnant people to those who are not pregnant, the reactions after getting the vaccine were the same.

People who are pregnant and breastfeeding should still get the vaccine.

Pregnant people may feel worse than others if they get the virus.

No major safety concerns have been seen in pregnant people or the baby.

Have more questions?
CDC: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
BCHD: 443-984-8650
Impact on people with Chronic Illness

People with certain health concerns should get the COVID-19 vaccination because they are at increased risk for severe illness from the virus itself.

People with chronic illness such as heart disease and diabetes can become really sick with COVID-19.

With heart disease – COVID-19 can be so bad that it could lead to many problems, like heart death.

Other medical problems that make the disease feel worse are cancer, chronic kidney disease, and COPD.

Recent studies say that people with HIV could feel worse from COVID-19 than people without HIV. People with HIV should also receive the COVID-19 vaccine.

People with these kinds of diseases should get the vaccination because they are at increased risk for severe illness from the virus itself.

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Have more questions?

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