COVID-19 Vaccines:
What You Need to Know



The Pfizer and Moderna mRNA COVID-19 vaccines are about **95% effective** in reducing your risk of getting sick from COVID-19. Even if you choose to get the vaccine, you will still need to **wear a mask, avoid large crowds, stay six feet away from others** and **wash your hands frequently** until enough people get vaccinated.

Are the vaccines safe?

Yes. The U.S. Food and Drug Administration (FDA) reviewed all of the safety data to make sure the vaccines met safety standards and that no steps were skipped. People of different ages, races, ethnicities and medical conditions were included in the vaccine trials. The Centers for Disease Control and Prevention (CDC) is also actively monitoring the vaccines for very rare or long-term side effects.

How do the vaccines work?

The mRNA vaccines give your body instructions on how to make a part of the virus (the spike protein) help your body build a defense against the virus. The mRNA is eliminated by your body within days and does not enter your DNA.

Will the vaccine make me sick with COVID-19?

No, the vaccines do not contain the virus and do not make the person sick with COVID-19.

What should I expect when I get the vaccine?

Both mRNA vaccines are given as two doses, three or four weeks apart. Common side effects are mild and include arm pain, feeling tired, fever and headache. These symptoms usually go away within a few days.

Who should get the vaccine?

The Pfizer vaccine is authorized for individuals ages 16 and older, and the Moderna vaccine is authorized for people ages 18 and older. Anyone can get the vaccine unless they are allergic to the vaccine or any ingredient in the vaccine. The vaccine is not made with eggs, latex, gelatin or preservatives.

Who should not get the vaccine?

If you are allergic to polyethylene glycol (PEG), polysorbate or other vaccine ingredients, or if you had an allergic reaction to the first dose of the vaccine, it may not be safe for you to get the vaccine.

How can I make an appointment to get the vaccine?

Visit the NYS Department of Health website to see if you are eligible and make an appointment: am-i-eligible.covid19vaccine.health.ny.gov/

> **As we continue to learn about the vaccine, guidelines will be updated. Please visit the CDC at cdc.gov for the most updated information.**

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