

ANSWERING YOUR QUESTIONS ON THE COVID-19 VACCINE

Is it safe?

COVID-19 vaccines are **safe and effective**. If you suffer from severe allergic reactions, consult your doctor before getting the vaccine.



What is in the vaccine?

Pfizer & Moderna: mRNA (contains the material that tells our body how to make a protein that triggers the production of antibodies), fats, salts, and sugar

J&J: DNA (which contains the genetic information how to make mRNA for a protein), salts, sugars, and preservatives

How does the vaccine work?

DNA and mRNA vaccines tell our cells how to make a harmless piece of the “spike protein” for SARS-CoV-2, which is the protein that the whole virus uses to attach to our cells. Our immune cells then recognize this protein as foreign and makes antibodies against it and generates an army of defense cells that will act against the real whole virus.

What are the possible side effects?

Soreness, redness, swelling of the arm, fatigue, headache, muscle pain, chills, fever, and nausea. Side effects disappear after a few days.



Is the vaccine effective against other variants of SARS-CoV-2?

Yes, the vaccine can still be effective, at least partially, against other variants and it is better than having no protection.

Is it safe to take the vaccine while pregnant? While breastfeeding?

There is limited data on safety of the vaccine on pregnant women or women who are breast feeding. Consult your doctor if you fall under this category.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes, there is currently no evidence that COVID-19 vaccination causes any problems with future pregnancy, including the development of the placenta, and there is no evidence that fertility problems are a side effect.



If I got COVID-19 should I still get the vaccine?

Yes, you should be vaccinated regardless of whether you already had COVID-19. The natural infection may not give long lasting immunity.

Can the COVID-19 vaccine alter my DNA?

NO. The Pfizer-BioNTech and Moderna vaccines are mRNA vaccines. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. There is no evidence that the J&J vaccine alters the DNA.



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If I got COVID-19 should I still get the vaccine?

Yes, you should be vaccinated regardless of whether you already had COVID-19. Experts do not know how long you are protected from getting sick again after recovering from COVID-19.

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How does the vaccine work?

DNA and mRNA vaccines tell our cells how to make a harmless piece of the “spike protein” of the SARS-CoV-2. Our immune cells then recognize the protein as foreign and makes antibodies against it and generates an army of defense cells that will act against the real virus.

What are the possible side effects of the vaccines?

Soreness, redness, swelling of the arm, fatigue, headache, muscle pain, chills, fever, and nausea. Side effects disappear after a few days.

Do I still need to wear a mask if I am fully vaccinated?

YES. Fully vaccinated people can still get and pass the virus even if they do not feel any symptoms. Masks should be worn until most of the population are vaccinated and CDC thinks it is safe to no longer wear masks.

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How many doses of the vaccine do I need?

Pfizer: 2 doses, 3 weeks apart.

Moderna: 2 doses, 4 weeks apart. It is important to take the second dose as instructed to teach the immune cells and get maximal effects

J&J: 1 dose.