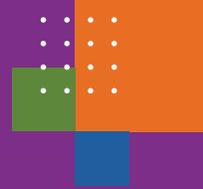


Choosing the COVID-19 Vaccine that is Right for You



Three COVID-19 vaccines are available in the United States. Based on careful review by national experts, we know the benefits of COVID-19 vaccines far outweigh the risks. Understand the benefits and risks — to help you decide which vaccine is right for you.



COVID-19 Can Cause Severe Illness & Death

COVID-19 disease is caused by a coronavirus that spreads in the air, especially when an infected person speaks, sneezes, or coughs indoors. COVID-19 disease can cause severe illness, hospitalization, and death — and we are still learning about its long-term effects.

Vaccination is Recommended for People Ages 5 and Older

The CDC recommends that all individuals ages 5 and older receive COVID-19 vaccination — to prevent hospitalization and death.

Vaccine Options

The Pfizer-BioNTech (2 doses, 21 days apart), also known as Comirnaty[®], has been fully approved by the FDA for persons ages 16 and older.

- The Pfizer-BioNTech vaccine has FDA Emergency Use Authorization for use in persons 5 to 15 years of age.
- The Moderna (2 doses, 28 days apart) and Johnson & Johnson (1 dose) vaccines have FDA Emergency Use Authorization for persons 18 years and older.

Benefits of Getting the Vaccine

All vaccines currently available:

- **Are proven to be safe and effective at preventing COVID-19**
- **Help protect people from getting sick, severely ill, or dying from COVID-19**
- **Help prevent people from spreading the virus to others**

To receive the most protection, people should receive all recommended doses of the vaccine. Vaccinating as many people as possible will help us all get past this pandemic.

What to Expect When You Get the Vaccine

You may have some side effects from your COVID-19 vaccine, which are normal signs that your body is building protection. Side effects may include pain or swelling at the injection site, headache, fatigue, muscle aches, nausea, or fever. Side effects should go away within a few days.



Rare Risks Associated with Getting the Vaccine

While there are rare risks to getting a COVID-19 vaccine, the benefits of getting vaccinated outweigh the risks. Rare risks include:

- **Rare Severe Allergies:** Rare, sudden allergic reactions may occur *within a few minutes to one hour* after getting a COVID-19 vaccine, including difficulty breathing, swelling of face and throat, fast heartbeat, bad rash all over your body, dizziness, or weakness. If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.
- **Rare Blood Clots (J&J):** There have been rare occurrences of blood clots (involving blood vessels in the brains, abdomen, and legs) as well as low levels of blood cells that help your body stop bleeding, in some people who have received the Johnson & Johnson COVID-19 vaccine. In people who developed these blood clots, symptoms began approximately 1–2 weeks after vaccination and most were women under age 50. For three weeks after receiving the vaccine, be on the lookout for shortness of breath, chest pain, leg swelling, persistent abdominal pain, severe headaches or blurred vision, easy bruising, or tiny blood spots under the skin beyond the site of the injection. Seek medical attention if you have any of these symptoms. To date, these rare blood clots have not been associated with the Pfizer or Moderna vaccines
- **Rare Myocarditis and Pericarditis (Pfizer-BioNTech and Moderna):** There have been rare cases of myocarditis and pericarditis following Pfizer and Moderna COVID-19 vaccination particularly in male adolescents and young adults, more often after getting the second dose than the first dose and typically within several days of vaccination. In most of these reported cases, patients who presented for medical care have responded well to medications and rest and had prompt improvement of symptoms. You should seek medical attention if you experience symptoms of myocarditis or pericarditis, including chest pain, shortness of breath, and feelings of having a fast-beating, fluttering, or pounding heart.
- **Rare Guillain-Barre Syndrome (J&J):** There have been rare cases of Guillain-Barre Syndrome after receiving the Johnson & Johnson COVID-19 vaccine. Guillain-Barre Syndrome is an illness, usually triggered by an infection, in which the body's immune system damages nerve cells, causing muscle weaknesses or in the most severe cases, paralysis. Cases of Guillain-Barre Syndrome have largely been reported about 2 weeks after vaccination with Johnson & Johnson COVID-19 vaccine and mostly in males, many age 50 years and older. You should seek medical attention if you experience weakness or tingling sensations in both legs, which may spread to the arms and upper body.

Seeking Care

Seek medical attention right away, or call 9-1-1, if you have severe symptoms after vaccination, such as trouble breathing or swallowing, swelling of the face or throat, shortness of breath, chest pain, leg swelling, persistent abdominal pain, severe headaches, blurred vision, many bruises, or tiny blood spots under your skin. Call your vaccination provider or healthcare provider if you have any symptoms that bother you or do not go away after a few days.

Boosters

Some people who received COVID-19 vaccines are eligible for a booster dose. Additional information is available on the [CDPH COVID-19 Booster web site](#).

More Information & to Get Vaccinated

Learn more at [VaccinateAll58](#) Visit [MyTurn.ca.gov](#) or call (833) 422-4255 to book your vaccine appointment or find a walk-in clinic near you.

You can also check with your healthcare provider or stop by your local pharmacy.