

Is the COVID-19 Vaccine the Right Choice for Me?

It is normal to have questions about the COVID-19 vaccine. We have collected some of the most frequently asked questions to help you make a decision about whether or not to get the vaccine.

Frequently Asked Questions	Getting the Vaccine	Not Getting the Vaccine
What happens after I get the vaccine?	After getting the vaccine, your risk of getting COVID-19 drops by 95%. However, you should continue to maintain physical distance, avoid gatherings, wear a mask, and clean your hands often.	If you don't get the vaccine, you will not have any antibodies that help protect you from COVID-19. You should continue to maintain physical distance , avoid gatherings, wear a mask, and clean your hands often.
What are the common side effects?	<p>Common side effects within the first 3 days include:</p> <ul style="list-style-type: none"> • feeling tired • headache • fever or chills • pain where you got the shot <p>Side effects are more likely with the second shot. They are normal and typically go away in a day or two.</p>	<p>If you get COVID-19, common symptoms may include:</p> <ul style="list-style-type: none"> • fever or chills • cough or shortness of breath • muscle pain • loss of taste or smell
Are there long-term side effects?	There are no long-term studies on COVID-19 vaccines, but side effects from vaccines are uncommon after 6 weeks . Serious side effects were rare in the large COVID-19 vaccine studies.	COVID-19 can lead to serious illness, long-term symptoms, hospital care, or death .
What else do I need to know?	<ul style="list-style-type: none"> • You cannot get COVID-19 from the vaccine. • The COVID-19 vaccine cannot change your DNA. • Getting COVID-19 is possible after getting the vaccine, so you should continue to take precautions. • If you have had COVID-19, be sure to wait until your quarantine period is done before getting the vaccine. It may lower your chances of getting it again. • Talk to your doctor before getting the vaccine if you have severe allergies, are allergic to vaccines, are pregnant or breastfeeding, or have a weak immune system. • At this time, the vaccine is only approved for people 16 and older. 	

References: DynaMed Shared Decision "COVID-19 Vaccine: Is It the Right Choice for Me?" ESBCO Clinical Decision. 2020.

For more frequently asked questions, visit AltaMed.org/vaccine
Call the AltaMed Vaccine Hotline for the most up to date information
(888) 909-5232