

# Is the COVID-19 Vaccine for Me?



If you are feeling concerned or unsure about the vaccine, that is OK. It is your choice to get vaccinated based on your personal needs and experiences. There is a lot of new information – and sometimes untrue information – about the vaccines, and it can be hard to know who to turn to for advice.

It is best to talk with a healthcare professional, like your doctor, who has the scientific knowledge to answer your questions and who has your best interests in mind.

If you are not sure where to start, follow this guide for some questions you can ask your doctor:



## Development Process

- Did the vaccine trials include people like me?
- What does “emergency use” mean and how is that different from regular approval?



## Effectiveness

- Are the vaccines effective against the new COVID variants?
- Is there a difference between the vaccines? Which vaccine is best for me?
- Will the vaccine protect me from getting very sick or dying from COVID?
- Can I stop wearing a mask after getting the vaccine?



## Side Effects

- Are there any dangerous side effects I should be worried about?
- Is the vaccine safe to take with my specific health conditions?
- If I am young and healthy, should I wait to get the vaccine?

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## Quickly Dispelled Myths

Along with legitimate questions, there are some myths circulating about the COVID vaccines. These common misconceptions are easy to clear up:

**Myth |** *The vaccine can give you COVID-19.*

**Fact:** The vaccine does not contain the live virus of COVID-19, so you will not get sick with COVID-19 from the vaccine. However, it is possible to receive the shot and get infected with COVID from another source before your body has a chance to build immunity. It is important to continue washing your hands, wearing a mask, and physically distancing from others after you get each dose.

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**Myth |** *It isn't worth it to get the vaccine because of the side effects.*

**Fact:** While vaccines can cause side effects, most of the time they are very minor, such as lingering soreness around the injection site or a fever that lasts a day or two. The benefits of receiving the COVID-19 vaccine and having immunity against the virus far outweigh the potential side effects. If you do experience negative side effects, you can report them to the [Vaccine Adverse Event Reporting System \(VAERS\)](#).

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**Myth |** *It's better to develop immunity – or disease resistance – naturally.*

**Fact:** Achieving immunity through vaccines is safer and more reliable than achieving it through an infection (which is sometimes called “natural immunity”). Vaccines train your immune system to fight a virus without the risk of getting sick from that virus. Vaccination may also be more effective. Research has shown that people who have had the COVID-19 vaccines had more antibodies than people who had been sick with COVID-19.

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**Myth |** *Vaccines contain harmful toxins.*

**Fact:** COVID-19 vaccines do not contain harmful ingredients. Vaccines are created through a very rigorous process that involves many checks and reviews to ensure they are not dangerous to people. You can view the full list of ingredients in the vaccines through the Food and Drug Administration (FDA).

For more information about COVID-19 vaccines, visit [oneforallmo.com](https://oneforallmo.com).