

# COVID-19 VACCINE 101



## 01 - What is it?

There are three COVID vaccines. Two (Pfizer and Moderna) use the RNA of the virus (its genes) to help your immune system recognize SARS-CoV-2, the virus that causes COVID-19. The vaccine does **NOT** change your own genes. The other (Johnson and Johnson) uses proteins of the virus to help your body recognize the virus. All three are very effective in either preventing you from getting the virus or getting seriously ill or dying from COVID-19. They are also all effective at protecting you from getting seriously ill or dying from the new "Delta variant", which is a new type of COVID-19 virus that is even easier to catch than the original virus. **If you haven't been vaccinated yet, now is the time to do it!**

## 02 - Is it safe?

Yes! The vaccines have been tested and have already been given safely to **over 100 MILLION Americans**. Severe reactions are rare but we will monitor you to make sure that you aren't having a reaction to the shot.

## 03 - Will it make me sick?

No! The vaccines do not use live virus and **DO NOT** give you COVID-19. It does take the body a few weeks to build your defense so it is possible to get infected before that. That's why it's still important to wear a mask, be six feet from others, and wash your hands.

## 04 - What are the side effects?

Even when you do something good for you like exercise, there are side effects like sore muscles. Most people who get the vaccines say they have a sore arm. You might also feel tired or have a headache. You may also have a slight fever or have some body aches. This is **NORMAL**. It just means your immune system is working! And these will go away in a day or so.

## 05 - What if I've already had COVID-19?

You should still get vaccinated! It's possible to get COVID -19 again and get sick so you want to get vaccinated to prevent that from happening.

## 06 - Should some people not get vaccinated?

If you've had a severe allergic reaction to other vaccines you might not want to get the COVID-19 vaccine. Talk to your doctor about whether it's right for you!

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