

Questions about the vaccine and how it works

How does it work?

The COVID-19 vaccines teach our immune system to recognize and fight the virus. It takes a few weeks for your body to build immunity and if the vaccine requires two doses, you need to get both for it to work fully.

Is the vaccine safe?

Yes, the vaccines available today were approved only after a rigorous, multi-step testing process.

- Each vaccine candidate went through multiple clinical trials, first with a small group of volunteers, then hundreds and then thousands.
- Independent review verified the efficacy and safety for all approved vaccines.

Can I get COVID-19 from the vaccine?

No, the vaccines do not contain coronavirus and cannot give you COVID-19.

Isn't natural immunity healthier and more effective than getting the vaccine?

Vaccines allow you to build immunity without the damaging effects that vaccine-preventable diseases can have. When administered in the recommended quantities, all vaccines provide you with the protection that you need.

If everyone around me is immune, why do I need to be vaccinated?

Getting vaccinated is not only about protecting yourself; it is also about protecting your community.

Most vaccine-preventable diseases spread through person-to-person contact. The more people who are vaccinated, the fewer chances a disease will spread.

I had COVID-19; can I still get the vaccine?

Yes, it is recommended that even if you have had COVID-19 you still get the vaccine. Data shows it is uncommon to be re-infected with COVID-19 in the 90 days after you were infected, however we do not know how long this natural immunity may last.

People who **currently** have COVID-19 should wait to get vaccinated until they feel better, and their isolation period is finished, if possible.

People who were **recently exposed** to COVID-19 should also wait to get the vaccine until after their quarantine period. If there is a high risk they could infect others, they may be vaccinated during their quarantine period to prevent spreading the disease.



Source: <https://www.umms.org/coronavirus/covid-vaccine/facts/myths-busted>

Source: <https://www.doh.wa.gov/Emergencies/COVID19/VaccineInformation/FrequentlyAskedQuestions#heading62077>

What to know after you receive the vaccine

Side effects

You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects. Like other routine vaccines, the most common side effects are a sore arm, fatigue, fever, nausea, headache, and muscle pain.

**Please note, if you experience more severe symptoms or continue to experience the above symptoms for longer than a few days, please seek medical advice.*

Number of doses

The dosage varies depending on which vaccine you received.

- Pfizer or the Moderna vaccine- both have 2 doses. To get the maximum protection against COVID-19 you need to get both doses. Make sure to schedule your 2nd dose once you receive your 1st dose.
- Johnson & Johnson- requires only one dose.

Ingredients in the vaccine

The vaccine contains ingredients that are typically found in other vaccines. They contain the active ingredient of mRNA, or modified adenovirus along with other ingredients like fat, salts, and sugars that protect the active ingredient, to help it work better in the body and protect the vaccine during storage and transport.

Fully vaccinated

You are considered fully vaccinated:

- 2 weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

If it has been less than 2 weeks since your 1-dose shot, or if you still need your second dose of the 2-dose vaccine, you are **NOT** fully protected.

Wearing a mask

Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

Travel

If you've been fully vaccinated and you choose to travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.



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