

COVID-19 VACCINES FAQ

TIPS FOR TALKING ABOUT VACCINES

- Start from a place of understanding. Acknowledge the disruption COVID-19 has caused.
- Be empathetic and offer to answer questions.
- Give your strong recommendation for the vaccine.
 - 'I recommend you get a COVID-19 vaccine once it's widely available.'
 - 'This shot is especially important for you because of your [specific circumstance].'
 - 'This vaccine is an important tool for ending the pandemic and keep you and your loved ones safe.'

HELPFUL RESOURCES

- Vaccine availability: coronavirus.utah.gov/vaccine (or contact your local health department to learn more)
- [CDC Website](#) (available in multiple languages) and handouts:

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|----------------------------|-------------------------------------|------------------------------------|
| English | Spanish | Arabic |
| Russian | Traditional Chinese | Simplified Chinese |
| Vietnamese | Korean | Tagalog |

- U of U Health COVID-19 website ([English](#) and [Spanish](#))
- [Building Confidence in COVID-19 Vaccines in Your Patients \(CDC\)](#)
- [Tips for Engaging in COVID-19 Conversations \(CDC\)](#)
- [Pfizer](#), [Moderna](#), and [Janssen](#) (Johnson & Johnson) fact sheets
- Additional resources in the [COVID-19 Vaccine section in Pulse](#)

COMMON QUESTIONS AND CONCERNS

Is the COVID-19 vaccine safe and do they work?

- Clinical trials have proven COVID-19 vaccines to be safe and effective.
- Severe allergic reactions have occurred but are extremely rare.
- The Pfizer and Moderna vaccines are 95% effective at preventing any COVID-19 illness and have similar effectiveness against severe disease.
- 28 days after vaccination, the Johnson & Johnson vaccine is 100% effective against severe disease and 72% effective at preventing any COVID-19 illness.
- Currently, COVID-19 vaccines protect against new versions of the virus that are circulating (UK and South Africa variants). Scientists are continually monitoring the situation.

Will it hurt, make me sick and are their side effects?

- It is important to keep masking, physically distancing and washing hands after vaccination.
- You cannot get COVID-19 from the vaccine.
- Common side effects are fever, headache, fatigue or body aches. These typically go away on their own in a few days.
- Side effects can be worse after the second dose. They are a sign that your immune system is building up protection against the disease.
- Two doses of the Pfizer and Moderna vaccines and one dose of the Johnson & Johnson vaccine are necessary for full protection.
- The vaccine protects from illness but it still may be possible to spread the virus to someone else.

Is natural immunity better than immunity from the vaccines?

- COVID-19 poses a serious risk to you and your loved ones if you get the illness and spread it. The disease can be serious even if you are not high-risk.
- It is not known whether immunity from COVID-19 would protect everyone against getting it.
- It is recommended that people who have had COVID-19 get the vaccine if it has been longer than 90 days.