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Preparing for a COVID-19 Vaccination

Knowledge builds confidence. As a health care professional, you were placed first in line to receive a COVID-19 vaccine because of your essential role in fighting this deadly pandemic, as well as your increased risk of getting COVID-19 and spreading it to your patients. Your decision to get vaccinated can protect more than just your health. It can also help protect your colleagues, patients, families, and communities.

It's important that you have the information and tools to prepare you for combating this virus and slowing the spread. One of these tools is a COVID-19 vaccine.

This fact sheet will prepare you for what to expect before and after getting a COVID-19 vaccine.

Before the Appointment

What to expect

When you get the vaccine, you should still wear a mask and maintain social distancing. You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it.

You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered. The fact sheet contains information to help you understand the risks and benefits of receiving that specific vaccine.

You should be monitored on-site for at least 15 minutes for adverse reactions.

Different vaccines

The FDA has authorized multiple COVID-19 vaccines. Johnson & Johnson's Janssen vaccine requires only one dose. The Pfizer-BioNTech and Moderna mRNA vaccines are given in two doses. The first dose gets your body ready. The second dose is given weeks later to make sure you have full protection.

Both mRNA vaccines will need two shots to get the most protection. The timing between your first and second shot depends on which vaccine you received.

- The Pfizer-BioNTech second dose should be no earlier than 21 days after your first shot.
- The Moderna second dose should be no earlier than 28 days after your first shot.

You should get your second mRNA shot as close to the recommended interval as possible. You should not get the second dose earlier than the recommended interval.

Cost

There is no cost to receive a COVID-19 vaccine.

After the Appointment

Potential side effects

Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed. As a result, you may experience some side effects after getting the vaccine. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed.

Possible side effects include soreness or swelling at the site of the injection, fever, chills, fatigue, and headache, but they should go away in a few days. There have been no trends of serious or long-term side effects. It's important to remember that having these types of side effects does NOT mean that you have COVID-19.

It's very unlikely that a severe reaction will happen, but if it does, call 911 or go to the nearest emergency room.

Scheduling the second dose

If you need help scheduling your vaccine appointment for your second shot, contact the location that set up your appointment for assistance. For questions or if you are having trouble using vaccine scheduling systems, reach out to the organization that enrolled you in the system. This may be your state or local health department, employer, or vaccine provider.

Even after receiving both doses, continue to cover your mouth and nose with a mask when in indoor public places, stay at least 6 feet away from people who don't live with

SAFETY IS THE TOP PRIORITY

The FDA and CDC have the highest standards when it comes to ensuring the safety and effectiveness of vaccines. Their process includes the following procedures:

- ✓ Scientists must first test vaccines extensively in medical studies to ensure they are safe and effective.
- ✓ Before the FDA authorizes a vaccine for use among the public, it ensures its safety by independently:
 - Reviewing the data from the medical studies, and
 - Inspecting the manufacturing facilities.
- ✓ Even after a vaccine has been authorized, the FDA and CDC closely monitor vaccine administration to identify even rare side effects or reactions.
- ✓ The FDA and CDC closely review any reports of side effects or reactions and share these facts with the public.

The extremely rare cases of blood clotting following Johnson & Johnson's Janssen vaccine—just a small number of cases out of millions of vaccinations—show that the FDA and CDC's vaccine safety monitoring systems work and catch even the rarest of reactions.

A thorough investigation has confirmed that Johnson & Johnson's Janssen vaccine is safe and effective.

And doctors have been notified and trained to understand the signs to watch for and the proper course of treatment if blood clots occur.



you and who may not be vaccinated, avoid crowds, avoid poorly ventilated spaces, and wash your hands often.

What if I Have More Questions?

If you have more questions about getting the vaccine, please visit the CDC [website](#).