

# COVID-19 Vaccine: Is It the Right Choice for Me?

*This decision aid is for people 16 years or older. People with serious allergic reactions in the past should talk with their healthcare professional before getting the vaccine. People who are allergic to any part of the vaccine should not get it. There is limited information about the vaccine in people*

*who are pregnant or breastfeeding or have weaker immune systems. The information below is for the Pfizer/BioNTech and Moderna vaccines. You may only have access to one or the other.*

FREQUENTLY ASKED QUESTIONS		
<p><b>What do the options involve?</b></p>	<p><b>Getting the Vaccine</b></p> <p>You will get a total of <b>2 shots in your arm</b>. You will get the shots <b>3 or 4 weeks apart</b>. Getting both shots is important for the vaccine to work.</p> <p><b>Continue to distance</b>, avoid gatherings, wear a mask, and clean your hands often.</p>	<p><b>Not Getting the Vaccine</b></p> <p><b>Continue to distance</b>, avoid gatherings, wear a mask, and clean your hands often.</p>
<p><b>What are the benefits?</b></p>	<p><b>Getting the Vaccine</b></p> <p>You will be <b>much less likely to get COVID-19</b>. Right now, the best estimate is that the <b>vaccine is 95% effective</b>. This means it lowers the risk of getting COVID-19 by about 95%.</p> <p>If enough people get the vaccine, there is a <b>better chance of stopping the pandemic</b>.</p>	<p><b>Not Getting the Vaccine</b></p> <p>You will <b>not have the side effects</b> that are common with the COVID-19 vaccine.</p>
<p><b>What are the short-term side effects or harms?</b></p>	<p><b>Getting the Vaccine</b></p> <p><b>Common side effects</b> within the first 3 days include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever or chills.</li> <li>• body aches.</li> <li>• headache.</li> <li>• soreness and redness from the shot.</li> </ul> <p>These effects are <b>more likely with the second shot</b>. They are normal effects the vaccine can have on your body. They typically <b>go away in 1 to 2 days</b>.</p> <p><b>Serious side effects or harms were rare</b> in the large COVID-19 vaccine studies.</p>	<p><b>Not Getting the Vaccine</b></p> <p>You will be at <b>higher risk of getting COVID-19</b>.</p> <p><b>Symptoms</b> of COVID-19 include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever or chills.</li> <li>• body aches.</li> <li>• shortness of breath and cough.</li> <li>• problems with taste or smell.</li> </ul> <p>COVID-19 can also result in <b>serious illness</b>, needing a <b>hospital stay</b>, or <b>death</b>.</p>

## COVID-19 Vaccine: Is It the Right Choice for Me? *(Continued)*

FREQUENTLY ASKED QUESTIONS		
<b>What are the long-term side effects or harms?</b>	<p><b>Getting the Vaccine</b></p> <p>There are no long-term studies on COVID-19 vaccines, but <b>side effects or harms from vaccines are uncommon after 6 weeks.</b></p>	<p><b>Not Getting the Vaccine</b></p> <p>Sometimes short-term <b>symptoms can last for a long time.</b> Some patients get new symptoms, including hair loss, difficulty with focusing or memory, or lung damage.</p>
<b>What else do I need to know?</b>	<ul style="list-style-type: none"> <li>• The vaccine <b>cannot give you COVID-19.</b></li> <li>• The vaccine <b>cannot change your DNA.</b></li> <li>• It is still possible to <b>get COVID-19 after getting the vaccine</b>, so you should continue to take precautions.</li> <li>• If you have had COVID-19, the <b>vaccine may still lower your risk</b> of getting it again.</li> <li>• Where you live may change who gets the vaccine and when.</li> </ul>	

*DynaMed Shared Decisions' Option Grid™ decision aids are reviewed on an ongoing basis and updated to reflect the latest evidence. **Last Update:** January 27, 2021*



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