COVID-19 Vaccine Facts

Protect yourself and your loved ones from COVID-19

Cottage Center for Population Health

Vaccines save lives.

Get vaccinated to protect against COVID-19, and encourage your loved ones to do the same.

To stop the COVID-19 pandemic, we need a large portion of the population vaccinated and protected from getting sick.

Schedule your vaccine at myturn.ca.gov or vaccines.gov

How many doses are needed?

It depends on which vaccine you receive. If you are getting vaccine for the first time, Pfizer and Moderna vaccines require two doses. Johnson & Johnson is a single dose. When you get your vaccine, you will get a vaccination card listing the type of vaccine you receive and how many doses you need.

	Pfizer	Moderna	Johnson & Johnson
Primary dose/s	2	2	1
Time between primary doses	3 weeks	4 weeks	-

Who should get the vaccine?

- Currently, the Pfizer vaccine is recommended for everyone age 5 years and older. People age 18 and older can get any of the three vaccines: Pfizer, Moderna or Johnson & Johnson.

- Scientists are now working on a vaccine for children younger than 5 years old.

- If you've had a severe allergic reaction in the past, talk to your doctor about getting the vaccine.

- Even if you have already had COVID-19, you should still get the vaccine to protect you from getting the virus again in the future.

- If you currently have COVID-19, wait until you have recovered and you feel better before you get the vaccine.

Will the vaccine give me COVID-19?

The vaccines cannot give you COVID-19. They do not contain any live virus.

How effective are these vaccines?

All of the authorized COVID-19 vaccines available today are shown to be highly effective in protecting a person against becoming severely ill with COVID-19.

Are the vaccines safe?

COVID-19 vaccines authorized by the Food & Drug Administration have been shown to be safe and effective. These vaccines have been through the hardest safety testing in US history.

The vaccines were studied by scientists and researchers. Millions of people have received the vaccine to protect against COVID-19, and more than 100,000 volunteers were part of studies to show the vaccines are safe.

The vaccines do not change DNA. COVID-19 vaccines teach our bodies how to recognize and fight the virus that causes COVID-19.

How do the COVID-19 vaccines work?

COVID-19 vaccines protect from the virus that causes COVID-19, without causing the sickness.

The vaccines are new, but the way they were developed is not new. The vaccines train the body to fight the virus so it doesn't make you sick.

What are possible side effects after getting a COVID-19 vaccine?

On the days after taking the vaccine, you may have a sore arm, aches, fatigue or fever, but these are not harmful. These symptoms signal that your body is developing protection from the virus.

Sore arm/aches   **Fatigue**   **Fever**

Do I need the vaccine if I've already had COVID-19?

Yes. You can get COVID-19 more than once, so it's important to get vaccinated for protection.

Should I get a COVID-19 vaccine if I would like to have a baby one day?

Yes. The COVID-19 vaccine will not affect fertility for men or women. There is no evidence that COVID-19 vaccination causes a loss of fertility.

Should I get the vaccine if I am pregnant?

Yes. COVID-19 vaccines are strongly recommended for all pregnant women.

Is there a cost for the vaccine?

The COVID-19 vaccine (including booster) is free. You can get the vaccine free even if you do not have health insurance. If you have health insurance, your insurance company may be billed, but you will not have to pay.

What is a booster shot?

Protection you get from a vaccine wears off over time. A booster shot is **an additional dose of the vaccine that boosts your immune response and protects you from the virus**.

Boosters are common for many vaccines.

Who should get a COVID-19 booster?

COVID-19 boosters are strongly recommended for people of eligible age who received primary Pfizer or Moderna doses **at least 5 months ago**, or a J&J dose **at least 2 months ago**. Those age 18 and up may choose any of the vaccines for the booster dose, though an mRNA vaccine (Pfizer or Moderna) is preferred.

Original vaccine	Pfizer	Moderna	Johnson & Johnson
Booster dose due	5 months after second dose	5 months after second dose	2 months after single dose
Ages eligible for booster	12 years and older	18 years and older	
Booster to receive	Age 12-17: Pfizer Age 18+: choice	Choice of Pfizer, Moderna or J&J	

Remember
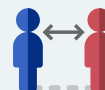Continue these steps to prevent spread of COVID-19:

Wear a mask.

Wash your hands.

6 ft or 2 m

Physically distance.

Stay home if you feel sick.

Free COVID testing is available to all, from Santa Barbara County Public Health locations listed at publichealthsbc.org/testing

How do I get the vaccine?

To start your vaccine or get a booster dose, visit myturn.ca.gov or vaccines.gov

For help making an appointment or getting transportation to your appointment, call:

COVID-19 Vaccine Call Center:

1-800-232-0233

Disability Information and Access Line (DIAL): 1-888-677-1199

or call:

2-1-1

The vaccines are free and all are welcome (5 years of age and older).

For ongoing updates, visit:

www.cdc.gov
www.publichealthsbc.org
www.cottagehealth.org