COVID-19 VACCINE FACT SHEET March 29, 2021

Answering the most common questions received from people at COVID-19 testing sites in the Bayview District.

How safe are the different COVID-19 vaccines? What are the side effects and risks?

- All of the available vaccines have similar side effects - side effects are typically mild or moderate and typically last for a few days or less.
  - Most people will feel some soreness in the arm where they get the shot.
  - Some people may feel any of: tiredness, headaches, muscle/joint aches, chills, nausea, fevers, or swelling/redness near where they receive the shot.
  - Some people may have no side effects.
- In extremely rare cases, people may have severe allergic reactions to the vaccine (about 2 to 5 people per million vaccinated). This is most likely to happen within 15 minutes of receiving a vaccine, and you will be monitored for safety for 15 minutes after getting your shot.

What about long-term side effects?

- Most people in the Pfizer and Moderna vaccine trials were first vaccinated about 6 to 8 months ago (about 4 months ago for J&J), and over 90 million people in the US have received at least one vaccine dose. The vaccines have been monitored intensely for safety since the beginning, and these safety results are reassuring.

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What are the COVID-19 vaccines? How do they work?

- The vaccines are shots that go in your arm.
- Every COVID-19 vaccine works by giving your body a code. Your own cells use the code to make a harmless protein (called a spike protein) found on the COVID-19 virus, which your body recognizes as foreign. This makes your body build a response (called "immunity") that helps it fight off the actual COVID-19 virus later.
- There is no COVID-19 virus in the vaccines, and you cannot get COVID-19 from the vaccines.
- The vaccines do not affect your own DNA in any way.
- **There are 3 available COVID-19 vaccines: Pfizer, Moderna, and Johnson & Johnson (J&J).**

How effective are the different COVID-19 vaccines (Pfizer, Moderna, and J&J)? Is one more effective than the others?

100% All 3 available vaccines completely prevented hospitalization and death from COVID-19 in vaccine trials. All 3 vaccines were also very effective at preventing severe COVID-19.

94-95% Moderna and Pfizer vaccines reduced the risk of getting symptomatic COVID-19 by 94-95%.

72% J&J vaccine reduced the risk of getting symptomatic COVID-19 by 72% in the US. The J&J vaccine cannot be directly compared to the Moderna and Pfizer vaccines because they were tested in different time periods and with different variants.

The vaccines seem too new and they came out so fast; were they rushed?

- mRNA vaccines (Pfizer and Moderna) are new, but they have been studied and worked with for decades, including being studied for the flu. The J&J vaccine uses viral vector technology which has been studied and used in vaccines for decades. The vaccines were not rushed.
- All available vaccines went through all of the thorough testing that is normally required to make sure the vaccines were safe and effective before they were authorized.

How can I get a COVID-19 vaccine? Who is eligible?

- In California: Everyone age 65+, and people age 16-64 with certain health conditions, certain disabilities, certain living conditions, or certain work environments are now eligible to receive a vaccine. Everyone age 50+ will is eligible starting April 1st, and everyone age 16+ is eligible starting April 15th.
- There are different ways to receive a vaccine - some of these are listed below.
- **Make an appointment to receive a vaccine at 1800 Oakdale Avenue by emailing Rafiki's Ebon Glenn (eglenn@rafikicoalition.org), Roshon Murray (rmurray@rafikicoalition.org), or Maxine Gilkerson (maxine@rafikicoalition.org).**
- Check your eligibility and sign up for a vaccine appointment online at myturn.ca.gov or by calling the CA COVID-19 hotline at (833) 422-4255.
- Book an appointment with your primary care clinic (e.g. Kaiser, UCSF, Dignity, Sutter) online or by phone.
- **Drop-in at the following locations for certain groups***:**
  - **Southeast Health Center (SEHC), 9am-3pm daily (2401 Keith St)**
  - **Zuckerberg San Francisco General Hospital (ZSFG) 9am-3pm daily (1001 Potrero Ave)**
- Drop-in at Maxine Hall Health Center (1181 Golden Gate Ave) only for all SF residents age 65+ (Mon, Tues, Thurs, Fri 9am-3pm[closed 12-1pm], and Wed 9am-12pm).
- Check your local Walgreens or CVS pharmacies for appointments.
- *****These groups can drop-in at SEHC and ZSFG: 1) All SF Health Network patients (age 18+ for SEHC, age 16+ for ZSFG), 2) Eligible people with Healthy SF insurance, 3) Eligible SF residents without insurance, 4) All SF residents age 65+, 5) Eligible SF residents that live in the following zip codes: 94124, 94134, 94107, 94110, 94112, 94102, 94103, and 94130, 6) In-Home Support Service Providers.** (source: https://sfhealthnetwork.org/covid-19-vaccine/)

Do I still need to get tested for COVID-19 after getting a vaccine?

- **If you have any signs or symptoms of COVID-19** (includes fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea) you should get tested, even if you have been fully vaccinated or have gotten COVID-19 before.
- If you have been fully vaccinated and have no symptoms, you do not need to be tested and you do not need to quarantine, even if you have been in contact with someone who has COVID-19.