

What You Should Know about the COVID-19 Vaccines

COVID-19 vaccines are very important tools to help end the pandemic. The vaccines can help keep you from getting sick and allow your body to build up defenses to fight off the virus.

The COVID-19 vaccines are at no cost to you.

How do I get the COVID-19 vaccine?

Visit www.cahealthwellness.com/covid19 for information.



To book your vaccine appointment: Sign up at myturn.ca.gov.

For more help:



Call the California COVID-19 Hotline at 833-422-4255 for help (Monday through Friday, 8 a.m. to 8 p.m., Saturday through Sunday, 8 a.m. to 5 p.m., TTY 711)



Contact your doctor or pharmacist for guidance



Check with your county public health department



You may be able to access transportation services to and from your vaccine appointment.

Call California Health & Wellness at 877-658-0305 (TTY: 711) Monday through Friday, 8 a.m. to 5 p.m.

Can I get COVID-19 from the vaccine?

No. The COVID-19 vaccines do not contain the coronavirus or any part of the virus. You cannot get COVID-19 from the vaccines.^{1,2}

How were the COVID-19 vaccines made so fast, and why was the government involved?

The COVID-19 vaccines were made using the same standards as for other approved medications and vaccines.^{1,2} Because COVID-19 has spread so fast, the government gave extra money to speed up the process to help produce and distribute the vaccines across the country.



Are the COVID-19 vaccines safe?

Safety is a top priority during all vaccine clinical trials. This is also true for the COVID-19 vaccines, which are approved for emergency-use by the FDA. To see how the vaccines offer protection, experts made sure to recruit adults from many different backgrounds, races, ethnicities, and geographic areas.³ People with different health conditions were also part of the trials.³



Are all available COVID-19 vaccines effective?

All COVID-19 vaccines approved by the FDA for emergency-use are highly effective. **They significantly prevent hospitalization and death due to COVID-19.**^{1,2}



Should I get the vaccine if I have allergies or other medical conditions?

If you have any concerns about getting the COVID-19 vaccine, check with your doctor first. Your doctor can explain more and help you make a vaccination plan.^{1,2}



What are the side effects?

Side effects from the COVID-19 vaccines are normal and usually mild. They may happen after you get the vaccine and go away within a day or two.^{1,2}

Common side effects can include:^{1,2}



Pain, redness, or swelling where you got the shot



Fatigue



Muscle and/or joint pain



Chills



Fever



Headache



Nausea

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. Programs and services are subject to change.

New medical research about the COVID-19 vaccines may change this information. For updates, check the CDC website at www.cdc.gov/coronavirus/2019-ncov/vaccines.

References:

¹UCLA Health FAQs, *What everyone needs to know about COVID-19*. Available at: <https://www.uclahealth.org/coronavirus>

²Mayo Clinic, *COVID-19 vaccines: Get the Facts*. Available at: <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-vaccine/art-20484859#how-work>

³Kaiser Family Foundation, *Racial Diversity Within COVID-19 Clinical Trials: Key Questions and Answers*, January 26, 2021. Available at: <https://www.kff.org/racial-equity-and-health-policy/issue-brief/racial-diversity-within-covid-19-vaccine-clinical-trials-key-questions-and-answers/>

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FLY113425EH01w (4/21)