

1 START HERE + GATHER THE FACTS

LONG-TERM EFFECTS EXTREMELY RARE after 200M+ shots have been given, many months have passed, and significant data has been collected

CONTINUOUS MONITORING from FDA and CDC to track long-term effects

HISTORY INFORMS US that past vaccine studies typically find long-term side effects within 6 weeks of receiving a vaccine

6+ MONTHS OF DATA has been collected in clinical trials and real-world studies

MORE FACTS

- | Being vaccinated protects you against getting sick from COVID-19.
- | You may have short-term side effects such as arm pain or other symptoms that usually go away in a few days.
- | You will be monitored when you get your shot for the rare case of an allergic reaction.
- | The available vaccines in the US have been authorized by the FDA and approved by the CDC.
- | All the standard steps to ensure safety and proof that they work, or efficacy, were followed in developing the vaccines.

2 THINGS TO THINK ABOUT

BENEFITS IF I DO GET VACCINATED

- More freedom to visit in-person with others
- Fewer restrictions in the community
- Protect my family from getting sick with COVID-19
- Fewer travel restrictions
- Protect myself from serious illness and death
- Help end the pandemic
- Protect my community
- Protect those who can't get vaccinated (like young children)
- No cost

POSSIBLE CHALLENGES + RISKS

- Possible scheduling challenges based on your location
- Time required to go to the shot appointment
- In rare cases, allergic reaction
- Possible short-term side effects
- In rare cases, a blood clot condition

WHAT IF I DON'T?

- More limited social circle as unvaccinated people will have more restrictions
- Limited protection against COVID-19 and possible variants. If I get it I could:
 - pass on the disease to friends, family, and others around me
 - miss work or social events due to quarantine, isolation, or illness
- Take on the risk for getting COVID and the unknown health impacts which could include serious illness, hospitalization, and long-term health issues like breathing problems, fatigue, brain fog, heart palpitations, heart and kidney damage or psychiatric issues
- Take on the risk of possibly dying from the disease

3 CONSIDER WHAT'S IMPORTANT TO YOU

- YES** **NO** The effort of scheduling and going to a vaccine appointment is worth it to me.
- YES** **NO** Having more freedom once I'm vaccinated is important to me.
- YES** **NO** I want to lower my chance of getting sick or dying from COVID.
- YES** **NO** I can manage the potential short term side effects of the vaccine.
- YES** **NO** A sense of relief, protection and hope that I may feel once vaccinated are valuable to me.
- YES** **NO** The potential long-term health effects from getting sick with COVID-19 are more concerning to me than the rare risks of the vaccine.

VITALITY MEMBER STORIES

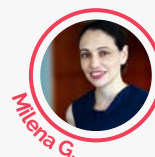
Expectant mom, Sravya, decided the vaccine was right for her.



What motivated you to get the vaccine?

When all the medical teams were risking their lives dealing with countless sick individuals, I wanted to do my part, so I volunteered to be one of the pregnant women who received the COVID-19 vaccine.

Healthcare worker Milena was hesitant at first.



How were you feeling emotionally before dose 1?

I was very excited right before I received the vaccine. I was nervous a few months before when there wasn't as much data about it available as there is today, but I felt confident about getting the vaccine when it was offered.

4 YOUR DECISION

I WILL

- Get vaccinated
- Wait to make my decision
- Speak with my healthcare provider

MY NEXT STEP IS TO

- Visit my health department website to learn when and where I can get vaccinated
- Review the information given to me in this guide
- Contact my healthcare provider

I WILL TAKE MY NEXT STEP

- Today
- In the next two days
- In the next week

RESOURCES

VIDEO: Long-term effects are not expected from the mRNA vaccines.

LINK: COVID-19 vaccines work

LINK: When you've been fully vaccinated

LINK: The Johnson & Johnson vaccine goes through safety review.

PDF: Scheduling tools