



COVID-19 VACCINE DECISION TOOL

Use this guide to help you think through and feel confident in your decision of whether to get the vaccine.

1 START HERE + GATHER THE FACTS

- LONG-TERM EFFECTS EXTREMELY RARE** after 300M+ 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

9+ 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.
 - | The vaccines provide protection against emerging virus variants.

2 THINGS TO THINK ABOUT

- BENEFITS IF I DO GET VACCINATED**

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

POSSIBLE CHALLENGES + RISKS

 - 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
 - In rare cases, heart inflammation that can be treated
- WHAT IF I DON'T?**

 - More limited social circle as unvaccinated people have more restrictions
 - Limited protection against COVID-19 and emerging variants. If I get it I could:
 - o pass on the disease to friends, family, and others around me
 - o 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.

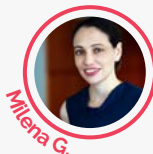
VITALITY MEMBER STORIES

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	MY NEXT STEP IS TO	I WILL TAKE MY NEXT STEP
Get vaccinated	Visit my health department website to learn when and where I can get vaccinated	Today
Wait to make my decision	Review the information given to me in this guide	In the next two days
Speak with my healthcare provider	Contact my healthcare provider	In the next week