



# 5 things to know about COVID-19 vaccines



COVID-19 vaccines will help end the pandemic, save lives, and get us back to normal day-to-day activities. **Here are 5 things to know about them:**

## 1 Vaccines work by training your body to defend itself against COVID-19

A vaccine (shot) trains your body's immune system (your system of cells and tissues that fights infection) to defend itself against the virus that causes COVID-19. They trigger your immune system to build antibodies (substances that protect your body from infection) against COVID-19. Your immune system remembers the antibodies so it can fight the virus if exposed in the future. **Vaccines cannot make you sick with COVID-19, or change your DNA (genetic material).**

## 2 Millions of people have safely gotten a COVID-19 vaccine

Clinical trials have tested COVID-19 vaccines in 10,000s of volunteers. The FDA carefully reviewed and approved the vaccines that are available.

- Most people who have side effects have mild side effects like pain where they got the shot, a headache, chills, or fever
- Side effects are a sign your body is building protection and go away in a few days
- Having a severe side effect is very rare – less than 4 in every million doses

## 4 Get the vaccine even if you had COVID-19 and recovered from it

Experts do not know how long you are protected from getting sick again after recovering from COVID-19. Getting the vaccine is the best way to keep you and your family safe.



To see a list of vaccination locations and sign up to get it at your health department, visit [covid19.tn.gov/covid-19-vaccines/](https://covid19.tn.gov/covid-19-vaccines/)

## 3 The approved vaccines work well - take whatever vaccine is offered to you

Clinical trials have also shown that the COVID-19 vaccines work very well to protect you from severe COVID-19 infection:

- Pfizer and Moderna vaccines protect 95% of the people who get them from serious illness.



**That's more than 9 out of 10 people.**

- The Johnson & Johnson vaccine protects 85% of people from serious illness.



**That's more than 8 out of 10 people.**

## 5 It is free to get the vaccine

You can get the vaccine for free, whether you have health insurance or not.

To schedule a visit for a health care service at Nashville Healthcare Center, call 615-341-4YOU (4968)