

Learn More About COVID-19

Four in a series of four

How safe are COVID-19 vaccines?

Over 357 million doses of COVID-19 vaccines have been used in more than 189 million people in the U.S., including adults and teens down to the age of 12. We have a convincing track record of their safety. Because so many adults and teens have had the vaccine, we have already learned about any rare side effects. Since side effects are so rare and generally very mild, the benefits of getting a vaccine to prevent a serious case of COVID-19 far outweigh the risks of side effects from the vaccine. Though you can still get COVID-19 if vaccinated, it is extremely rare to get a serious case. That is exactly what being safe and effective means.

Should I wait for a newer COVID-19 vaccine that targets the newer variants?

We continue to learn as we go. But you need to make the best choice for your family now. Getting vaccinated helps prevent serious disease, hospitalization, and death. Getting vaccinated also helps prevent new variants from developing.

What are your risks of not vaccinating?

The known risks of getting COVID-19 and becoming sick, including long-term heart and other complications, are much higher than the common sore arm or 1 to 2 days of flu-like discomfort after COVID-19 vaccination. As we learn, you can always get additional boosters or new vaccines tackling newer variants. Make the best decision for your health now.

Afraid of needles? Afraid of long-term side effects?

Don't let fear stand in your way. Find a vaccine buddy to text with you through the process. Let vaccination staff know you are nervous. They can help you with breathing and relaxation. It is very important to understand that there are no known serious long-term side effects from the COVID-19 vaccine or from any of the vaccines used today.



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