COVID-19 mRNA Vaccines: Pfizer and Moderna

COVID-19 cases, hospitalizations, and deaths across the United States continue to rise. The COVID-19 vaccine can protect you and your family. By getting vaccinated, you not only protect yourself, but also those around you, especially those at increased risk.

Wear a mask

Avoid crowds

Wash your hands often

Stay at least 6 feet apart

Get the vaccine

What should you know

COVID-19 is a respiratory illness that spreads easily from person-to-person. The vaccine can provide protection against COVID-19. The COVID-19 vaccine creates an antibody response that helps the body fight the virus. In research studies, those who received the vaccine were less likely to get COVID-19 than those who were not vaccinated. Research also found that people who were exposed to COVID-19 after being vaccinated had milder cases of COVID-19. While the vaccine is one way to protect yourself, you should still continue to wear a mask, stay at least 6 feet apart, avoid crowds, and wash your hands often.

**Take steps to slow the spread of COVID-19.
Stopping a pandemic requires the use of all available tools.**

mRNA vaccines: How do they work?

Vaccines give the body a head start when it comes to fighting different diseases. They introduce the disease to the body's immune system to trigger a response. This response helps the body build its defense to fight the disease. Many vaccines use a weak or inactive germ to trigger an immune response; however, mRNA vaccines work differently. mRNA vaccines teach cells how to make proteins, or pieces of proteins, that can trigger an immune response.

That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

Researchers have been studying and working with mRNA vaccines for decades. Interest has grown in these vaccines because they can be developed in a laboratory using readily available materials. This allows researchers to make vaccines faster than they are made now.

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EFFICACY	DOSING		SIDE EFFECTS
PFIZER			Most people experience side effects after the 2nd dose. Common side effects seen in the trials included:
• 95% effective after two doses • Efficacy was seen regardless of gender, age, race, or ethnicity	• 2 doses given 3 weeks or 21 days apart • It is best to get the 2nd dose 17-21 days after the 1st dose. **Both doses are needed for full effectiveness** *NOTE: Safety and efficacy of this vaccine, when given with other vaccines, has not been tested. DO NOT get any other vaccines 14 days before or after getting this vaccine*		• fatigue • headache • fever • chills • muscle aches • pain or redness at the injection site
MODERNA			Most side effects only last a few days and may be a sign that the vaccine is triggering an immune response. If you have a bad reaction to the vaccine, call your doctor and file a report with the Adverse Events Line (see details in table below).
• 94% effective after two doses • Efficacy was seen regardless of gender, age, race, or ethnicity	• 2 doses given 4 weeks or 28 days apart • It is best to get the 2nd dose 25-35 days after the 1st dose. **Both doses are needed for full effectiveness.** *NOTE: Safety and efficacy of this vaccine, when given with other vaccines, has not been tested. DO NOT get any other vaccines 14 days before or after getting this vaccine.*		

Keep in mind

Masks are required in the medical center. Please bring your insurance card and picture ID. If you do not have insurance, bring a picture ID.

Next steps

You will be given a COVID-19 vaccination card after you receive the vaccine. This is to help track which vaccine was given and the date received. Schedule an appointment for your second dose before leaving the medical center. Once you receive the 2nd dose, make sure the nurse or doctor who gives you the vaccine adds the information to your vaccine card. Keep the card for your records.

CDC V-Safe health checker

Visit **vsafe.cdc.gov** and register for the CDC's V-safe vaccine follow-up program. V-safe is a smartphone-based tool that allows you to tell CDC about any side effects you have after getting the COVID-19 vaccine. The V-safe tool will also send reminders about your second dose.

Questions or concerns

If you have any issues or concerns after you get the vaccine, contact your primary care doctor. For more information, visit **kp.org/coronavirus**.

Adverse Events Reporting Line

If you or a family member has a bad reaction after getting the vaccine, report it to the Adverse Events Reporting Line. Visit **vaers.hhs.gov/esub/index.jsp** to report any issues. Have the following information available when completing the form:

• Patient Information (age, date of birth, sex)
• Vaccine Information (brand name, dosage, date and time given, medical center)
• Date and time reaction started

• Symptoms
• Any medical or lab tests done (if applicable)
• Doctor's contact information (if applicable)

COMMON QUESTIONS AND ANSWERS

Will the COVID-19 vaccine give you COVID-19?
No. The goal of each vaccine is to teach the immune system how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, like fever and muscle aches. These symptoms are normal and a sign that the body is building immunity.

Can the COVID-19 vaccine cause you to test positive on COVID-19 viral tests?
It's possible. If your body develops an immune response, which is the goal of the vaccine, there is a possibility you may test positive on some antibody tests. Antibody tests show that you may have some level of protection against the virus.

Should you get vaccinated if you had COVID-19?
Because many people who have had COVID-19 have gotten it again, experts recommend that you get the vaccine even if you have had the virus. Getting COVID-19 may offer some natural protection (immunity), but experts don't know how long this protection lasts. The vaccine can

work with your immune system to help your body fight off the virus if exposed again.

Should children get the COVID-19 vaccine?
No. More studies need to be conducted before COVID-19 vaccines are recommended for children 16 years old and younger.

Is it safe to get a COVID-19 vaccine if you have an underlying medical condition?
Yes. COVID-19 vaccination is important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19.

Can the vaccine keep you from getting sick with COVID-19?
In research studies, those who got the vaccine were less likely to get COVID-19 than those who did not get the vaccine. Research also found that people who were exposed to COVID-19 after being vaccinated had milder cases of COVID-19. While the vaccine is one

way to protect yourself, you should continue to wear a mask, stay at least 6 feet apart, avoid crowds, and wash your hands often.

Does the vaccine provide long-term protection?
At this time, more long-term data is needed to see if the vaccine provides long-term protection. Researchers continue to follow study participants to see if protection continues long-term. As researchers learn more, they will be able to provide more guidance.

Will you have side effects after the 2nd dose?
Most people experienced side effects after the 2nd dose. Common side effects seen in studies were fatigue, headache, fever, chills, muscle aches, and pain or redness at the injection site. Most side effects only last a few days and may be a sign that the vaccine is triggering an immune response. If you have a bad reaction to the vaccine, call your doctor and file a report with the Adverse Events Line (see details on the previous page).

KAISER PERMANENTE MEMBERS' COMMON QUESTIONS AND ANSWERS

How will Kaiser Permanente identify members for each phase of vaccination?
As the vaccine becomes available, Kaiser Permanente will regularly update the website with information on eligibility and how to receive the vaccine. Information will also be shared through **kp.org**, a vaccine phone line, and other forms of communication.

When will vaccination be available for the general public?
As supplies increase over time, all adults should be able to get vaccinated later in 2021.

A COVID-19 vaccine may not be available for children until more clinical studies are completed.

Will members be able to get the vaccine outside of Kaiser Permanente?
Yes. Kaiser Permanente members will be able to get the COVID-19 vaccine at no cost from approved vaccine providers. These vaccine providers received approval from the state departments of health.

Will Kaiser Permanente be administering the vaccine to non-members?
Kaiser Permanente is a state approved vaccine provider. Approved vaccine providers are required to provide the vaccine to anyone who meets the distribution priority criteria. Kaiser Permanente is working with community partners to support vaccine distribution.

Will there be a cost to receive the vaccine?
No. There is no charge for the COVID-19 vaccine.

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