## COVID–19 Vaccine Options

This decision aid is for people 12 years or older. Only the Pfizer/BioNTech vaccine is available for people less than 18 years old. People with serious allergic reactions in the past should talk with their healthcare professional before getting the vaccine. There is less information about using the vaccine in people who are pregnant, breastfeeding, or have weak immune systems.

The information below is for vaccines available in the United States.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>No Vaccine</th>
<th>Pfizer/BioNTech and Moderna Vaccines</th>
<th>Johnson &amp; Johnson/Janssen Vaccine</th>
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<td><strong>What does the option involve?</strong></td>
<td><strong>Continue to distance</strong>, avoid gatherings, wear a mask, and clean your hands often.</td>
<td>You will get a total of <strong>2 shots in your arm, 3 or 4 weeks apart</strong>. Some countries use different times for the shots.</td>
<td>You will get <strong>1 shot in your arm</strong>.</td>
</tr>
</tbody>
</table>
| **What are the benefits?**         | You will **not have the side effects** that are common with the COVID-19 vaccine. | You will be **much less likely to get COVID-19**.  
2 weeks after the second shot, it is safer to do things you did before the pandemic. You should still follow rules and guidance about wearing a mask and distancing.  
If enough people get the vaccine, there is a **better chance of stopping the pandemic**. | You will be **much less likely to get COVID-19**.  
2 weeks after the shot, it is safer to do things you did before the pandemic. You should still follow rules and guidance about wearing a mask and distancing.  
If enough people get the vaccine, there is a **better chance of stopping the pandemic**. |

*Continues on Next Page*
## QUESTIONS

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<td><strong>What are the short-term side effects or harms?</strong></td>
<td>You will be at higher risk of getting COVID-19. Symptoms of COVID-19 include: • feeling tired. • fever or chills. • body aches. • shortness of breath and cough. • problems with taste or smell. COVID-19 can also lead to serious illness. This can result in a hospital stay, needing a machine to breathe, or death.</td>
<td><strong>Common side effects</strong> within the first 3 days include: • feeling tired. • fever or chills. • body aches. • headache. • soreness from the shot. These effects are more likely with the second shot and are normal effects the vaccine can have. They typically go away in 1 to 2 days. <strong>Serious side effects or harms are rare.</strong></td>
<td><strong>Common side effects</strong> within the first 3 days include: • feeling tired. • fever. • body aches. • headache. • soreness from the shot. These are the normal effects the vaccine can have and typically go away in 1 to 2 days. <strong>Serious side effects or harms are rare.</strong></td>
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<td><strong>What are the long-term side effects or harms?</strong></td>
<td>Sometimes short-term symptoms from COVID-19 can last for a long time. Some people get new symptoms that can include hair loss, trouble with focus or memory, or lung damage.</td>
<td>There are no long-term studies on COVID-19 vaccines. But <strong>side effects or harms from vaccines are uncommon after 6 weeks.</strong></td>
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| What else do I need to know? | If you do not want a vaccine now but change your mind later, you can get it then. | • The vaccine **cannot give you COVID-19.**  
• The vaccine **cannot change your DNA.**  
• If you have had COVID-19, the **vaccine may still lower your risk** of getting it again. | • The vaccine **cannot give you COVID-19.**  
• The vaccine **cannot change your DNA.**  
• If you have had COVID-19, the **vaccine may still lower your risk** of getting it again. |

**DEFINITIONS:**

**Rare side effects or harms**
These may include: Guillain Barré syndrome, blood clots with low platelets, and heart inflammation. COVID-19 can cause similar problems.

**Guillain Barré syndrome**
This is an inflammation of the nerves that may need hospital care. Most people get better, but full recovery can take a year or more.

... Many people have seen numbers about how much vaccines can lower the risk of getting COVID-19. Sometimes, these numbers seem different between vaccines. Trying to compare these numbers is not a fair scientific comparison and could mislead. That is why this decision aid does not show these numbers.

* DynaMed Shared Decisions’ Option Grid™ decision aids are reviewed on an ongoing basis and updated to reflect the latest evidence. **Last Update:** August 3, 2021

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