COVID–19 Vaccine: Is It the Right Choice for Me?

This decision aid is for people 16 years or older. People with serious allergic reactions in the past should talk with their healthcare professional before getting the vaccine. People who are allergic to any part of the vaccine should not get it. There is limited information about the vaccine in people who are pregnant or breastfeeding or have weaker immune systems. The information below is for the Pfizer/BioNTech and Moderna vaccines. You may only have access to one or the other.

<table>
<thead>
<tr>
<th>FREQUENTLY ASKED QUESTIONS</th>
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<tbody>
<tr>
<td><strong>What do the options involve?</strong></td>
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<td><strong>What are the benefits?</strong></td>
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</table>
| **What are the short-term side effects or harms?** | **Getting the Vaccine** **Common side effects** within the first 3 days include:  
- feeling tired.  
- fever or chills.  
- body aches.  
- headache.  
- soreness and redness from the shot.  
These effects are **more likely with the second shot**. They are normal effects the vaccine can have on your body. They typically **go away in 1 to 2 days**. **Serious side effects or harms were rare** in the large COVID-19 vaccine studies. | **Not Getting the Vaccine** 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 result in **serious illness**, needing a **hospital stay**, or **death**. |
COVID-19 Vaccine: Is It the Right Choice for Me? (Continued)

<table>
<thead>
<tr>
<th>FREQUENTLY ASKED QUESTIONS</th>
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<tbody>
<tr>
<td><strong>What are the long-term side effects or harms?</strong></td>
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<tr>
<td>Getting the Vaccine</td>
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<tr>
<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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<tr>
<th><strong>What else do I need to know?</strong></th>
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<tbody>
<tr>
<td>• The vaccine <strong>cannot give you COVID-19.</strong></td>
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<tr>
<td>• The vaccine <strong>cannot change your DNA.</strong></td>
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<tr>
<td>• It is still possible to <strong>get COVID-19 after getting the vaccine</strong>, so you should continue to take precautions.</td>
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<tr>
<td>• If you have had COVID-19, the <strong>vaccine may still lower your risk</strong> of getting it again.</td>
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<tr>
<td>• Where you live may change who gets the vaccine and when.</td>
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</tbody>
</table>

*DynaMed Shared Decisions’ Option Grid™ decision aids are reviewed on an ongoing basis and updated to reflect the latest evidence. Last Update: January 27, 2021*

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