

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 based on the published information for available mRNA vaccines.

FREQUENTLY ASKED QUESTIONS

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| <p>What do the options involve?</p> | <p>Getting the Vaccine</p> <p>You will get a total of 2 shots in your arm. The shots will be given 3 or 4 weeks apart. Getting both shots is important for the vaccine to work. You should continue to distance, avoid gatherings, wear a mask, and clean your hands often.</p> | <p>Not Getting the Vaccine</p> <p>You should continue to distance, avoid gatherings, wear a mask, and clean your hands often.</p> |
| <p>What are the benefits?</p> | <p>Getting the Vaccine</p> <p>You will be much less likely to get COVID-19. Right now, the best estimate is that the vaccine is 95% effective. This means it lowers the risk of getting COVID-19 by about 95%.</p> <p>If enough people get the vaccine, there is a better chance of stopping the pandemic.</p> | <p>Not Getting the Vaccine</p> <p>You will not have the side effects that are common with the COVID-19 vaccine.</p> |
| <p>What are the common side effects or harms?</p> | <p>Getting the Vaccine</p> <p>Common side effects within the first 3 days include:</p> <ul style="list-style-type: none"> • feeling tired. • headache. • fever or chills. • muscle aches or joint pain. • soreness, redness, and swelling from the shot. <p>These effects are more likely with the second shot. They are normal effects of your body doing what it should after getting the vaccine. They typically go away in a day or two.</p> | <p>Not Getting the Vaccine</p> <p>You will be at higher risk of getting COVID-19. This could result in serious illness, long-term symptoms, hospital care, or death.</p> <p>If you get COVID-19, common symptoms may include:</p> <ul style="list-style-type: none"> • feeling tired. • shortness of breath and cough. • joint or muscle pain. • chest pain. |

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COVID-19 Vaccine: Is It the Right Choice for Me? (Continued)

| FREQUENTLY ASKED QUESTIONS | | |
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| Are there less common side effects or harms? | <p>Getting the Vaccine</p> <p>There are no long-term studies on COVID-19 vaccines, but side effects or harms from vaccines are uncommon after 6 weeks.</p> <p>Serious side effects or harms were rare in the large COVID-19 vaccine studies.</p> | <p>Not Getting the Vaccine</p> <p>If you get COVID-19, less common symptoms may include:</p> <ul style="list-style-type: none"> • problems with taste or smell. • hair loss. • having difficulty with focusing or memory. • mood changes. • lung damage. |
| What else do I need to know? | <ul style="list-style-type: none"> • You cannot get COVID-19 from the vaccine. • The COVID-19 vaccine cannot change your DNA. • Getting COVID-19 is possible after getting the vaccine, so you should continue to take precautions. • If you have had COVID-19, the vaccine may still lower your risk of getting it again. | |

*DynaMed Shared Decisions' Option Grid™ decision aids are reviewed on an ongoing basis and updated to reflect the latest evidence. **Last Update:** December 21, 2020*



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