

# COVID-19 Vaccine Options

*This decision aid is for people or caregivers of people 5 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. This information is for vaccines available in the United States.*

QUESTIONS	No Vaccine	Pfizer/BioNTech and Moderna Vaccines	Johnson & Johnson/Janssen Vaccine
<b>What does the option involve?</b>	<b>Continue to distance</b> , avoid gatherings, wear a mask, and clean your hands often.	You will get a total of <b>2 shots in your arm, 3 to 8 weeks apart</b> . Some countries use different times for the shots.	You will get <b>1 shot in your arm</b> .
<b>What are the benefits?</b>	You will <b>not have the side effects</b> that are common with the COVID-19 vaccine.	<p>The vaccine helps lower your risk of getting COVID-19. You will also be <b>much less likely</b> to get <b>seriously ill</b> if you get COVID-19.</p> <p><b>2 weeks</b> after the <b>second shot</b>, it is <b>safer to do things you did before the pandemic</b>. You should <b>still follow rules and guidance</b> about wearing a mask and distancing.</p> <p>People being fully vaccinated <b>helps keep COVID-19 under control</b>.</p>	<p>The vaccine helps lower your risk of getting COVID-19. You will also be <b>much less likely</b> to get <b>seriously ill</b> if you get COVID-19.</p> <p><b>2 weeks</b> after the <b>shot</b>, it is <b>safer to do things you did before the pandemic</b>. You should <b>still follow rules and guidance</b> about wearing a mask and distancing.</p> <p>People being fully vaccinated <b>helps keep COVID-19 under control</b>.</p>

*Continues on Next Page*

COVID-19 Vaccine Options (Continued)

QUESTIONS	No Vaccine	Pfizer/BioNTech and Moderna Vaccines	Johnson & Johnson/Janssen Vaccine
<p><b>What are the short-term side effects or harms?</b></p>	<p>You will be at <b>higher risk of getting COVID-19</b>.</p> <p><b>Symptoms</b> of COVID-19 include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever or chills.</li> <li>• body aches.</li> <li>• shortness of breath and cough.</li> <li>• problems with taste or smell.</li> </ul> <p>COVID-19 can also lead to <b>serious illness</b>. This can result in a <b>hospital stay, needing a machine to breathe, or death</b>.</p>	<p><b>Common side effects</b> within the first 3 days include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever or chills.</li> <li>• body aches.</li> <li>• headache.</li> <li>• soreness from the shot.</li> </ul> <p>These effects are <b>more likely with the second shot</b> and are normal effects the vaccine can have. They typically <b>go away in 1 to 2 days</b>.</p> <p><b>Serious side effects or harms are rare.</b></p>	<p><b>Common side effects</b> within the first 3 days include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever.</li> <li>• body aches.</li> <li>• headache.</li> <li>• soreness from the shot.</li> </ul> <p>These are the normal effects the vaccine can have and typically <b>go away in 1 to 2 days</b>.</p> <p><b>Serious side effects or harms are rare.</b></p>
<p><b>What are the long-term side effects or harms?</b></p>	<p>Sometimes short-term <b>symptoms from COVID-19 can last for a long time</b>. Some people get new symptoms that can include hair loss, trouble with focus or memory, or lung damage.</p>	<p>There are no long-term studies on COVID-19 vaccines. But <b>side effects or harms from vaccines are uncommon after 6 weeks</b>.</p>	<p>There are no long-term studies on COVID-19 vaccines. But <b>side effects or harms from vaccines are uncommon after 6 weeks</b>.</p>

Continues on Next Page

COVID-19 Vaccine Options (Continued)

QUESTIONS	No Vaccine	Pfizer/BioNTech and Moderna Vaccines	Johnson & Johnson/Janssen Vaccine
<p><b>What else do I need to know?</b></p>	<p>If you do not want a vaccine now but change your mind later, you can get it then.</p>	<ul style="list-style-type: none"> <li>• After at least 5 months, <b>most</b> people 5 years or older <b>should</b> get a <b>booster shot</b>. <b>Some</b> people <b>may</b> get a <b>second booster</b> at least 4 months after their first.</li> <li>• The vaccine <b>cannot give you COVID-19</b>.</li> <li>• The vaccine <b>cannot change your DNA</b>.</li> <li>• There is <b>no microchip</b> in the vaccine.</li> <li>• If you have had COVID-19, the <b>vaccine may still lower your risk</b> of getting it again.</li> </ul>	<ul style="list-style-type: none"> <li>• After at least 2 months, <b>most</b> adults <b>should</b> get a <b>booster shot</b>. <b>Some</b> people <b>may</b> get a <b>second booster</b> at least 4 months after their first.</li> <li>• The vaccine <b>cannot give you COVID-19</b>.</li> <li>• The vaccine <b>cannot change your DNA</b>.</li> <li>• There is <b>no microchip</b> in the vaccine.</li> <li>• If you have had COVID-19, the <b>vaccine may still lower your risk</b> of getting it again.</li> </ul>

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 Decisions' Option Grid™ decision aids are reviewed on an ongoing basis and updated to reflect the latest evidence. **Last Update:** May 19, 2022*



Download the latest version of this decision aid at: <http://ebSCO.is/COVID-19-Vaccine-Decision-Aid>

Learn more about EBSCO Clinical Decisions at [clinicaldecisions.com](http://clinicaldecisions.com)