

THIS IS HOW WE LIVE

KNOW THE FACTS: COVID-19 VACCINES

COVID-19 has changed the way we live. We've learned to adapt and make the most of life. But, it's hard to fathom the impact this virus has had on our families, communities, activities and everyday freedoms. We all long for the day when we can once again hug loved ones, gather with friends and get back to "normal."

That day is coming, with a shot of hope. Now, we have highly effective vaccines that will help stop the spread of COVID-19. But, the responsibility is ours, as a community, to protect our loved ones, and assist in ending this pandemic.

WHY SHOULD I GET VACCINATED?

We all have to do our part to beat COVID-19. Join us in protecting yourself, your family, friends and our community by getting vaccinated.

A COVID-19 vaccine adds an important layer of protection. It can help protect you from the virus or from becoming seriously ill. It can stop the spread of the virus and grow the number of people in our community who are protected, making it harder to spread.

WHAT YOU SHOULD KNOW ABOUT THE VACCINES.

The COVID-19 vaccines authorized by the FDA have gone through rigorous clinical trials and have been thoroughly tested. Thousands of people in all adult age groups and populations were included in vaccine studies.

ALL AUTHORIZED VACCINES ARE EFFECTIVE.

All COVID-19 vaccines currently available in the United States are very effective at preventing the disease. If the vaccine is prescribed as more than one dose, it is essential to complete the vaccine series for optimal protection.

SIDE EFFECTS ARE NORMAL.

The most common side effects are mild pain in the arm at the injection site, feeling tired, headache, body aches, chills, and fever. These are normal, and a sign that your body's immune system is working properly.

WIDESPREAD VACCINATION IS IMPORTANT.

On a personal level, vaccination will protect you and your family from the spread of the virus and/or severe illness. It will enable you to continue working, going to school and resuming a more normal lifestyle. On a community level, the more people who are protected, the better chance we have of stopping the spread of the virus and ending this pandemic.

IT'S UP TO US!

The future of the virus is up to each of us. So we encourage you to get informed. Talk to your doctor. Get a shot. And let's get back to how we **want** to live.

And remember, stopping a pandemic requires using all the tools we have available – wearing your mask, washing your hands, keeping your distance and **getting vaccinated!**



Get the facts about the vaccine at methodisthealth.org/yourshot.

