WHY SHOULD YOU GET THE COVID-19 VACCINE?

PROTECT YOURSELF
PROTECT THOSE AROUND YOU
GET BACK TO NORMAL

SAFE • EFFECTIVE • FREE

HOW TO GET VACCINATED

Visit uncp.edu/CVax or vaccines.gov for COVID-19 dates, times and locations.

You cannot get COVID-19 from the vaccine.

• The vaccine helps your body produce antibodies but cannot change your DNA.

• Even if you’ve already had COVID-19, you still need to be vaccinated.

• Vaccinated people can also get infected and infect others with COVID-19.

• Unvaccinated people are 11 times more likely to die of COVID-19.

Source: Centers for Disease Control and Prevention
The COVID-19 shot may cause side effects in some people. Side effects should go away in a few days.

**COMMON SIDE EFFECTS**

On the arm where you got the shot:
- Pain
- Redness
- Swelling

In the rest of your body:
- Fever
- Chills
- Tiredness
- Headache
- Muscle pain
- Nausea

**ASK THE FACILITY HEALTH CARE PROVIDER (OR FACILITY STAFF) FOR HELP IF:**

- The redness or pain where you got the shot gets worse after 24 hours
- Your side effects are worrying you
- Your side effects do not seem to be going away after a few days

**HELPFUL TIPS**

If you have pain, headache or fever, ask a health care provider if you can have medicine.

If you are sore where you got the shot:
- Apply a clean, cool, wet washcloth over the area
- Use or move your arm gently

If you have a fever:
- Drink a lot of water
- Get plenty of rest
- Dress lightly

**REMEMBER**

Side effects may make you feel a little sick or even make it hard to do daily activities, but they should go away in a few days.

Some COVID-19 vaccines need two shots to work. You should get the second shot even if you have side effects after the first shot, unless a doctor tells you not to.

COVID-19 vaccines may not fully protect you until a week or two after your final shot. It takes time for your body to build protection after any vaccination.

Even after your COVID-19 vaccination, when you are indoors, it's important to continue wearing your mask, try to stay at least 6 feet away from others as much as possible and wash your hands often.

Source: CDC • uncp.edu/cvax

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