

## COVID-19 Vaccine Information

COVID-19 vaccines are **safe** and **effective** in protecting people from and preventing the spread of COVID-19 virus. All of the providers at Hunterdon Pediatric Associates along with the American Academy of Pediatrics and the CDC encourage anyone who is eligible to get a COVID-19 vaccination.

We understand parents and patients may be hesitant about receiving a COVID-19 vaccine and encourage you to speak with your provider if you have questions or concerns.

Key things to know about the COVID-19 vaccines:

- You cannot get COVID-19 from the vaccine
- Your full immunity is not reached until 2 weeks after your second Pfizer or Moderna vaccine, or your one and only dose of the Johnson & Johnson vaccine
- We are still learning how long the immunity lasts and if booster doses will be needed, so continue to follow the recommended safety precautions from the CDC to stay safe
- The mRNA COVID-19 vaccines can NOT change your DNA - they do not have any of the components necessary for RNA to convert to DNA
- The most common side effects of the vaccine are the same as side effects from any vaccine:
  - Fever
  - Fatigue
  - Headache
  - Joint pain
  - Muscle aches/ injection site pain
- People with a history of anaphylaxis (severe allergic reaction) can and should receive the vaccine. Extra caution is taken by having them be observed for 30 minutes after the injection
- Even if you had COVID-19 infection, we still recommend you get the vaccine once you have recovered. We do not know how long natural immunity to COVID-19 lasts, so the vaccine will help boost your immunity to the virus and lessen your chances of re-infection.
- The COVID-19 vaccines do NOT contain:
  - Blood products
  - DNA
  - Thimerosal or other preservatives
  - Egg proteins
  - Antibiotics
  - Aborted fetal cells
  - Microchips
- The COVID-19 vaccine does not alter your reproductive system and the vaccines have safely been given to pregnant women without complications
- Most negative effects from a vaccine occur within the first 6 weeks of receiving the vaccine - so far, over 249 million doses of the vaccine have been administered in the US and more than 1 billion vaccines have been given worldwide, which provides us with enough data to show that there are no common serious adverse reactions to the Covid 19 vaccines
- History of Guillain- Barre syndrome does not prevent you from getting the COVID-19 vaccine

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