

# 3

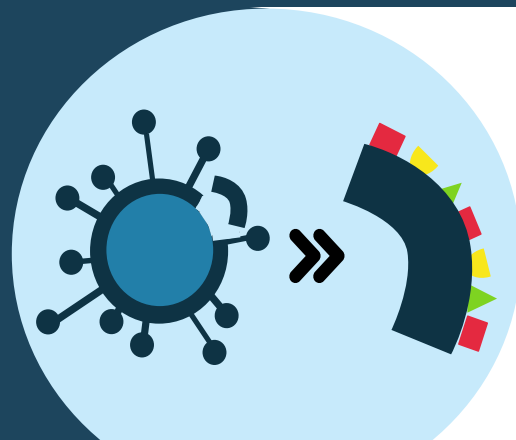
# Main Ingredients in the COVID-19 Vaccines

## 1



### mRNA

This is a copy of a short section of the COVID-19 virus genetic blueprint. This small section cannot create viruses or cause a COVID-19 infection. Once inside your body, it helps identify the COVID-19 virus so that you can fight it off, if you're exposed later.



## 2



### Saline (salt and sugar) solution

A solution that is the same pH as your body to make the vaccine more comfortable to take.

## 3



### Fat (lipids)

This creates a protective envelope for the mRNA as it is delivered to your body.

The Moderna and Pfizer COVID-19 vaccines do not contain egg proteins, preservatives, or latex.

Both vaccines have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain. Individuals with severe allergic reactions to other vaccines should consult their doctor in case they may be allergic to a component of the vaccine. They should be observed for 30 minutes following injection rather than the usual 15 minutes. It is recommended that individuals who carry an EpiPen for their allergies should bring it to their appointment. CDC notes that women who are pregnant or breastfeeding can be presented the option to vaccinate, but first talk to your health care practitioner if you have any concerns about whether you should receive it.

## #CovidVaccineSaveLives

California Rural Indian Health Board, Inc.

CRIHB COVID-19 Resources:

<https://crihb.org/prevention-and-education/public-health/>



**Sources:** Moderna. Fact Sheet for Recipients and Caregivers [Fact sheet]. Retrieved from: <https://www.fda.gov/media/144638/download>. Hackensack Meridian Health. A Simple Breakdown of the Ingredients in the COVID Vaccines. Retrieved from: <https://www.hackensackmeridianhealth.org/HealthU/2021/01/11/a-simple-breakdown-of-the-ingredients-in-the-covid-vaccines/>. Centers for Disease Control and Prevention. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Pfizer-BioNTech.html>.