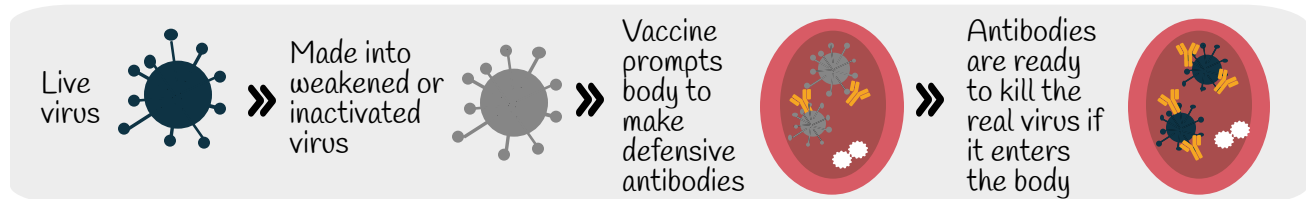


What's in the COVID-19 Vaccine?

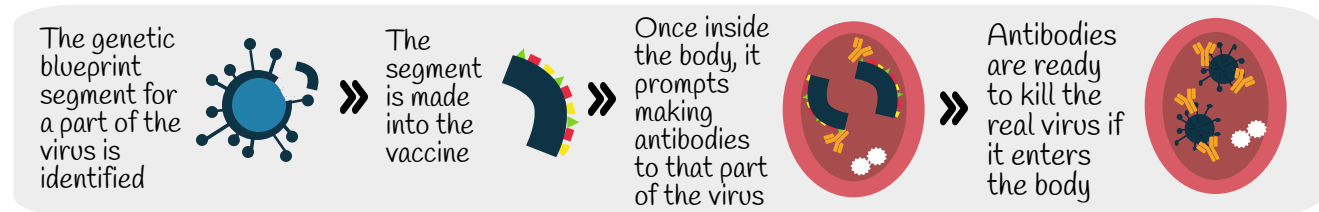
Traditional Vaccines

Traditional vaccines use a weakened or inactivated virus to teach our bodies how to recognize and fight the real virus. These vaccines are useful and have saved many lives.



mRNA Vaccines

Moderna and Pfizer COVID-19 vaccines are mRNA vaccines. These vaccines contain a non disease-causing synthetic genetic clipping copied from the coronavirus. The clipping teaches your body what COVID-19 looks like and helps your body remember how to fight COVID-19 without having to be infected with the real virus. Other ingredients include salts, sugars, and fats. These vaccines do not contain egg products, preservatives, or latex.



Keep Your Circle Strong. Your vaccine helps you and others. Without the vaccine, your body will spend valuable time trying to identify the virus, learning how to fight it, and then actually fighting the virus. This process may leave you feeling sick and take a long time. You could get your loved ones sick, too. With the vaccine, your body can quickly identify the virus and fight it immediately.

Side Effects. 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. It is recommended that individuals who carry an EpiPen for their allergies 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: The Children's Hospital of Philadelphia. Retrieved from: <https://www.chop.edu/centers-programs/vaccine-education-center/vaccine-ingredients>. Centers for Disease Control and Prevention. Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Pfizer-BioNTech.html>.