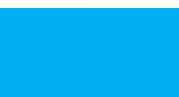




# COVID-19 VACCINE TOOLKIT

CHICAGO



**CDPH**  
Chicago Department  
of Public Health

# INTRODUCTION

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**The City of Chicago Department of Public Health has created this toolkit to facilitate outreach to your network about the COVID-19 vaccine.**

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This toolkit can be used immediately. It includes flyers, social media graphics and other tools to spread the word about the COVID-19 vaccine.

All materials are available in both English and Spanish, additional translations are available at [www.Chicago.gov/COVIDvax](http://www.Chicago.gov/COVIDvax) under Resources.

You have full permission to copy or adapt messaging and flyers for your communications, no credit is needed. You may also add your logo next to the CDPH logo. We hope these resources help meet your communications needs.

# COVID-19 Vaccine Fact Sheet

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## YOU HAVE QUESTIONS... LET'S TALK ABOUT THEM!

Make sure you have all the facts about the COVID-19 vaccines.

**How safe is the vaccine? It was created quickly...**

All COVID-19 vaccines available in the United States are safe and very effective at preventing COVID-19 illness. The COVID-19 vaccines were tested with tens of thousands of people to make sure they meet safety standards and protect adults of different races, ethnicities, and ages.

**Will I feel sick after I get the vaccine?**

First of all, you can't get COVID-19 from the vaccine. But after you get the vaccine, you could have some side effects. These side effects include headaches, feeling tired, or having a stomachache. The most common side effect is feeling sore or swollen where you got the shot. These side effects are normal! They are signs that your body is building protection. These side effects may be unpleasant for 1-3 days, but they are not dangerous. If you don't have side effects, don't worry – your body is still building protection.

**I've already had COVID-19. Do I still need a vaccine?**

Yes. You should get the vaccine even if you have already had COVID-19. Some people have gotten COVID-19 more than once. The vaccine also offers more protection against reinfection than your body could develop on its own from already having COVID-19.

**COVID-19's survival rate is high. Do I really need the vaccine?**

While most people who get COVID-19 recover, some develop serious health issues that can affect them for a long time. By getting the vaccine, you lessen your risk of getting sick or being hospitalized with COVID-19. You also are helping to reduce spread of COVID-19.

**Should I get the vaccine once it's available to me?**

Yes! The safest choice is to get the vaccine as soon as it is available to you. If you choose to wait, you delay protecting yourself and your loved ones. The vaccines are very safe, very effective, and our best hope for ending the COVID-19 pandemic.

**What's in the vaccines?**

You can find the ingredient lists of all vaccines on their websites. None of the vaccines contain the live virus that causes COVID-19. Instead, these vaccines contain "instructions" from the virus so that your body can learn how to create the proteins needed to fight it.

**How many vaccine doses do I need? One or two?**

The Johnson and Johnson COVID-19 vaccine requires one shot. The Pfizer-BioNTech and Moderna COVID-19 vaccines require two shots. For those vaccines, it is important to get both shots to gain the most protection. Before you leave the vaccination site, make an appointment to get the second shot 3-4 weeks after the first shot, depending on the vaccine. This is the recommended time to get your second shot.

**Is the vaccine free to me?**

Yes - The COVID-19 vaccine is free to everyone, regardless of insurance or immigration status. When you go to get your vaccine, you might be asked for your insurance card or your Medicaid or Medicare information. Why? The place where you are getting the vaccine might charge a small fee to your insurance company or the government. This charge cannot be passed on to you. You cannot be denied a vaccine if you do not have insurance. If you don't have insurance, Medicare, or Medicaid, just say so. You still get the vaccine for free. For some vaccine events, you might be asked to bring proof of residency, but government-issued ID is not required.



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# Find Your Vaccine Flyer

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**GET VACCINATED TODAY TO PROTECT YOURSELF,  
YOUR LOVED ONES, AND YOUR COMMUNITY!**

**FIND YOUR VACCINE**  
at [zocdoc.com/vaccine](https://zocdoc.com/vaccine) or call  
**312.746.4835**

- Anyone 16+ can get vaccinated against COVID-19, regardless of insurance and immigration status
- Pfizer is the only vaccine approved for people age 16 and 17
- All vaccines are safe, effective, and offered at no cost
- No appointments needed
- Under the City of Chicago Anti-Retaliation Ordinance, anyone who works in Chicago can use accrued paid sick leave or paid time off to get their COVID-19 vaccine



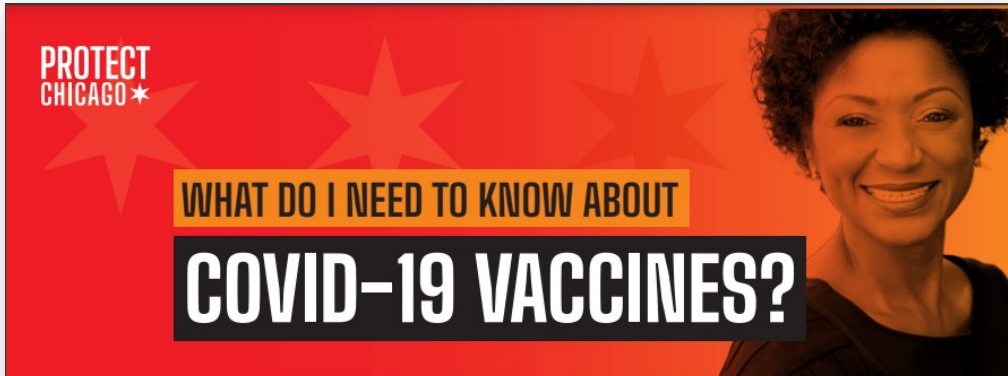
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# What to Know About COVID-19 Vaccines

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## WHAT DO I NEED TO KNOW ABOUT COVID-19 VACCINES?

**THERE ARE THREE COVID-19 VACCINES AVAILABLE IN THE U.S.:**

All three vaccines are extremely effective at preventing hospitalization or death from COVID-19. The Johnson & Johnson vaccine requires only one dose, and the Pfizer and Moderna vaccines are both two doses. You only need to take one type of vaccine to be protected from COVID-19.

**IF YOUR SHOT REQUIRES TWO DOSES – GET THEM:**

If you get the Pfizer vaccine, you should get your second shot 21-42 days after your first shot. If you get the Moderna vaccine, you should get your second shot 28-42 days after your first shot. You need both doses to have the strongest protection from COVID-19. *(Even after the 42 days you can still safely get your second shot – scientists just don't know if it's as effective as getting the second dose on time.)*

**THEY ARE ALL SAFE:**

The vaccines were tested with tens of thousands of people to make sure they meet safety standards and that they protect people of different races, ethnicities, and age groups. Every study, every phase, and every trial was reviewed by the FDA and a vaccine safety group.

**YOUR AGE COULD IMPACT WHAT VACCINE YOU CAN RECEIVE:**


As of April 2021, the Pfizer vaccine is available for people age 16 and up. The Moderna and Johnson & Johnson vaccines are available for people age 18 and up.

**NO VACCINE IS “BETTER” THAN THE OTHER:**

All three vaccines are effective against COVID-19 and its variants (or other strains). You may have seen reports that the Pfizer and Moderna shots are more effective – around 95 percent compared to 70 percent for the Johnson & Johnson. It's important to remember that the vaccines were studied at different times in the pandemic and with different COVID-19 strains, so it's difficult to compare them to each other to say if one is “better.” Health experts encourage taking any vaccine that is easily available to you.

**VISIT [ZOCDOC.COM/VACCINE](https://www.zocdoc.com/vaccine) OR CALL 312-746-4835 TO FIND YOUR VACCINE.**

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# Johnson & Johnson Fact Sheet

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## LET'S TALK ABOUT... THE JOHNSON & JOHNSON VACCINE

Taking any of the three available vaccines is the best way to protect yourself, your family and your community from COVID-19. Here's what you need to know about the Johnson & Johnson (J&J) vaccine:

<b>J&amp;J IS SAFE</b>	All vaccines that are being used in the United States are safe, including J&J. In April, the FDA and CDC took a break from giving the J&J vaccine while they investigated a rare type of blood clot. After looking at all of the data, they found only 15 cases of severe blood clots in almost 8 million people who received the J&J vaccine. Since these blood clots are so rare, it is safe to take a J&J vaccine, and the FDA and CDC recommended that we continue to give it to adults in Chicago.
<b>IT'S EFFECTIVE</b>	Like the other vaccines, J&J is extremely effective at preventing you from going to the hospital or dying from COVID-19. That's the most urgent, important goal. The J&J vaccine is effective against COVID-19 variants.
<b>JUST A SINGLE DOSE</b>	The J&J vaccine is taken in one dose, compared to two doses for the other vaccines. You are considered "fully vaccinated" two weeks after receiving your shot.
<b>HOW IT WORKS</b>	The J&J vaccine is a "vector vaccine" which means it uses a weakened virus to carry the instructions for making a COVID-19 protein into our cells. When our cells learn about the protein, it causes an immune response inside our bodies. Our immune system remembers how to recognize the protein so it can respond later on if we are exposed to COVID-19.
<b>SIDE EFFECTS</b>	Be prepared for some mild side effects from any COVID-19 vaccine, including J&J, like feeling tired, having a headache, or getting a fever. These side effects are normal signs that your body is building protection, and you should start to feel better after 1-3 days. While incredibly rare, anyone who has received the J&J vaccine who develops severe headache, abdominal pain, leg pain, or shortness of breath within three weeks after their vaccination should contact their health provider.

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# 5 Things to Know Flyer

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## COVID-19 VACCINES

# 5 THINGS TO KNOW

**BENEFITS**  
Getting vaccinated protects you from getting sick with COVID-19. It also reduces the spread of COVID-19 and protects those around you – your family, friends, and community!

**SAFETY**  
All COVID-19 vaccines available in the United States are safe and very effective at preventing COVID-19 illness.

**NUMBER OF DOSES NEEDED**  
The Johnson and Johnson COVID-19 vaccine requires one shot. The Pfizer-BioNTech and Moderna COVID-19 vaccines require two shots. For those vaccines, it is important to get both shots to gain the most protection. Make sure to make an appointment for your second shot! Whichever vaccine you get, they are all safe and very effective.

**COST AND AVAILABILITY**  
The COVID-19 vaccine is free to everyone, regardless of insurance or immigration status. You cannot be denied a vaccine if you do not have insurance or government-issued ID.

**HOW TO GET THE VACCINE**  
Talk to your doctor or visit [www.Zocdoc.com/vaccine](http://www.Zocdoc.com/vaccine) to find available vaccine appointments. You can also use the City's COVID-19 vaccine finder and locate other vaccine providers at [chicago.gov/COVIDvax](http://chicago.gov/COVIDvax).

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# What to Expect Before Flyer

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## GETTING READY FOR YOUR COVID-19 VACCINE

**BEFORE YOU GET THE VACCINE**

- **Make your appointment** with your doctor or find additional vaccine options at [chicago.gov/COVIDvax](https://chicago.gov/COVIDvax)
- **Review your appointment confirmation email** for details for needed documentation and other requirements
- **Learn more about the vaccine** and how getting it helps you, your loved ones, and community
- **Know your allergy history** and talk to your doctor if you have concerns

**THE DAY YOU GET THE VACCINE**

- **Do not take any pain medicine** before your shot
- **Wear a mask and stay 6 feet away** from others while in any buildings and in lines
- **Save the vaccination card or printout** that tells you which vaccine you got, when you got it, and where you got it
- **Read the fact sheet** you get about your COVID-19 vaccine
- **Stay at the site for 15 minutes (or 30 minutes if you have a history of serious allergies)** so that the medical team can make sure you have no reactions
- **Make your appointment for your second shot if you got the Pfizer-BioNTech or Moderna vaccine**, usually 3-weeks or 1-month after the first shot if possible (If you got the Johnson & Johnson vaccine, you don't need to do anything else!)

**AFTER YOU GET THE VACCINE**

- **Be prepared for some side effects** from the vaccine like feeling tired, having a headache, or getting a fever. These side effects are normal signs that your body is building protection, and you should start to feel better after 1-3 days.
- **Register for v-safe** - a smartphone based tool from the CDC that checks in and helps track your experience with the vaccine. Sign up at [vsafe.cdc.gov](https://vsafe.cdc.gov).

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# What to Expect After Flyer

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## WHAT YOU CAN EXPECT AFTER GETTING A COVID-19 VACCINE

**CELEBRATE YOUR BODY BUILDING PROTECTION**

Congratulate yourself on getting your COVID-19 vaccine! You might have some side effects over the next few days – this is a normal sign that your body is building protection.

The most common side effects are fever, chills, tiredness, or headache. You may also have some pain, redness or swelling where you got the shot in your arm. Know that even if you have no side effects, your body is still building protection against COVID-19.

**REDUCE PAIN OR DISCOMFORT**

The side effects may be unpleasant, but they are not dangerous. If you aren't feeling well:

- Consider taking over-the-counter medicine like ibuprofen, acetaminophen (tylenol), aspirin, or antihistamines for any pain and discomfort if you have no other medical reasons that prevent you from normally taking these medicines
- Apply a clean, cool, wet washcloth over the area where you got the shot
- Use or exercise your arm
- Drink plenty of fluids
- Wear loose clothing

**If your side effects are worrying you or do not seem to be going away after a few days, contact your doctor.** If you think you are having a severe reaction, call 911.

**IF NEEDED, GET YOUR SECOND DOSE**

If you get the Johnson & Johnson vaccine, you don't need to do anything else.

- You should get your second Pfizer-BioNTech shot 3 weeks (or 21 days) after your first shot
- You should get the Moderna shot 1 month (or 28 days) after your first shot

You should get your second shot as close to the time periods recommended above as possible. If you have to get it a little later than these times, it will still be effective. But don't get it any sooner than these times. Do not switch to a new brand of vaccine for the second shot.

**STAY CONNECTED WITH V-SAFE**

Register for v-safe - a smartphone based tool from the CDC that checks in on your experience with the vaccine. Sign up at [vsafe.cdc.gov](https://vsafe.cdc.gov).

**KEEP FOLLOWING PUBLIC HEALTH GUIDELINES**

Stay 6ft apart from others.

- Wear a face covering
- Avoid crowds and gatherings
- Wash your hands often
- Stay home if feeling sick

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For additional information and resources, please visit  
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