



10 Things to Know About the COVID-19 Vaccine



1 Vaccines help stop the spread of COVID-19

Vaccines are a safe and effective way to prevent disease and save lives. When we get a vaccine, we are not just protecting ourselves, but also those around us like our family members and friends. Some people may not be able to get vaccines because of a health problem. They depend on the rest of us to get vaccinated and help slow the spread of disease.

2 COVID-19 vaccines are available now

The City of Long Beach and other organizations have already started giving the COVID-19 vaccine to many people, starting with healthcare workers, and then older adults, educators, and food workers. We will continue to get the COVID-19 vaccine out in an equitable way to everyone who wants to get it following federal and state guidelines.

3 Vaccines help our bodies fight disease

Vaccines play an important role in keeping us healthy. They protect us from serious and sometimes deadly diseases by getting our body's immune system ready to recognize certain germs and fight off infections. The COVID-19 vaccine protects us from the virus that causes COVID-19 without having to get the illness. If you later come into contact with someone who has COVID-19, your immune system will help you not get sick from it.

4 The COVID-19 vaccines have been shown to be safe and effective against COVID-19

Safety is the most important priority when it comes to getting vaccines approved. Research found that these vaccines are safe and protect people against getting sick from COVID-19. The vaccines do not contain the COVID-19 virus, so a person cannot get COVID-19 from getting the vaccine.

5 You need to wait two weeks after your second dose of Pfizer or Moderna, or two weeks after the first dose of the Janssen vaccine, to be fully vaccinated

Your second dose should be given 21-42 days after the first dose of the Pfizer vaccine, or 28-42 days after your first dose of the Moderna vaccine. You will have the full protection of the vaccine two weeks after your second dose of Pfizer or Moderna, or two weeks after the first dose of the Janssen vaccine.

6 You can get the vaccine even if you had COVID-19 before

It is recommended that everyone who is able to get the COVID-19 vaccine gets it, including people who already had COVID-19. It is possible to get COVID-19 more than once. Since COVID-19 can cause people to become very sick, it is important that even those who had the virus before get the vaccine.

7 You may have some temporary side effects from the vaccine

It is normal for some people to have pain in their arm, a fever, fatigue or tiredness, or a headache. These side effects usually will go away after 1 or 2 days.

8 We still have to wear masks and take other precautions to stay safe

Together, the COVID-19 vaccine along with other steps to protect ourselves and others will offer the best protection from COVID-19. Vaccines help our bodies to be ready to fight the virus if we come into contact with it. Other steps, like masks and physical distancing, help reduce our chances of spreading the virus.

9 The COVID-19 vaccine is free

There is no cost for getting the COVID-19 vaccine.

10 You can find out when it's your turn to get the vaccine

We know that not everyone will be able to get the COVID-19 vaccine at once. You can find out when it's your turn to get vaccinated by signing up at [MyTurn.ca.gov](https://myturn.ca.gov) or calling (562) 570-INFO (4636).