

# COVID-19 Vaccine Options

*This decision aid is for people 18 years or older. People with serious allergic reactions in the past should talk with their healthcare professional before getting the vaccine. There is limited information about the vaccine in pregnancy,*

*breastfeeding, or people with weaker immune systems. The information below is for vaccines available in the United States. Where you live may change when you can get a vaccine and which vaccine is available.*

| QUESTIONS                                   | No Vaccine   | Pfizer/BioNTech and Moderna Vaccines   | Johnson & Johnson/Janssen Vaccine   |
|---|--|--|---|
| <p><b>What does the option involve?</b></p> | <p><b>Continue to distance</b>, avoid gatherings, wear a mask, and clean your hands often.</p> | <p>You will get a total of <b>2 shots in your arm, 3 or 4 weeks apart</b>. Some countries may give the second shot later than 3 to 4 weeks after the first.</p> <p><b>Continue to distance</b> and wear a mask when in public or around people at high risk of COVID-19. Avoid crowds and clean your hands often.</p>  | <p>You will get <b>1 shot in your arm</b>.</p> <p><b>Continue to distance</b> and wear a mask when in public or around people at high risk of COVID-19. Avoid crowds and clean your hands often.</p>  |
| <p><b>What are the benefits?</b></p>        | <p>You will <b>not have the side effects</b> that are common with the COVID-19 vaccine.</p>    | <p>You will be <b>much less likely to get COVID-19</b>.</p> <p><b>2 weeks</b> after the <b>second shot</b>, it is <b>safer to visit</b> people who have:</p> <ul style="list-style-type: none"> <li>• had the vaccine.</li> <li>• not had the vaccine, but are in 1 household at low risk of COVID-19.</li> </ul> <p>If enough people get the vaccine, there is a <b>better chance of stopping the pandemic</b>.</p> | <p>You will be <b>much less likely to get COVID-19</b>.</p> <p><b>2 weeks</b> after the <b>shot</b>, it is <b>safer to visit</b> people who have:</p> <ul style="list-style-type: none"> <li>• had the vaccine.</li> <li>• not had the vaccine, but are in 1 household at low risk of COVID-19.</li> </ul> <p>If enough people get the vaccine, there is a <b>better chance of stopping the pandemic</b>.</p> |
| <p><i>Continues on Next Page</i></p>        |  |  |   |

COVID-19 Vaccine Options (Continued)

| QUESTIONS  | No Vaccine  | Pfizer/BioNTech and Moderna Vaccines   | Johnson & Johnson/Janssen Vaccine  |
|--|---|--|--|
| <p><b>What are the short-term side effects or harms?</b></p> | <p>You will be at <b>higher risk of getting COVID-19</b>.</p> <p><b>Symptoms</b> of COVID-19 include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever or chills.</li> <li>• body aches.</li> <li>• shortness of breath and cough.</li> <li>• problems with taste or smell.</li> </ul> <p>COVID-19 can also lead to <b>serious illness</b> resulting in a <b>hospital stay</b> or <b>death</b>.</p> | <p><b>Common side effects</b> within the first 3 days include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever or chills.</li> <li>• body aches.</li> <li>• headache.</li> <li>• soreness from the shot.</li> </ul> <p>These effects are <b>more likely with the second shot</b>. They are the normal effects the vaccine can have on your body. They typically <b>go away in 1 to 2 days</b>.</p> <p><b>Serious side effects or harms were rare</b> in the large COVID-19 vaccine studies.</p> | <p><b>Common side effects</b> within the first 3 days include:</p> <ul style="list-style-type: none"> <li>• feeling tired.</li> <li>• fever.</li> <li>• body aches.</li> <li>• headache.</li> <li>• soreness from the shot.</li> </ul> <p>These are the normal effects the vaccine can have on your body. They typically <b>go away in 1 to 2 days</b>.</p> <p><b>Serious side effects or harms were rare</b> in the large COVID-19 vaccine studies.</p> |
| <p><b>What are the long-term side effects or harms?</b></p>  | <p>Sometimes short-term <b>symptoms from COVID-19 can last for a long time</b>. Some people get new symptoms. New symptoms can include hair loss, trouble with focus or memory, or lung damage.</p>   | <p>There are no long-term studies on COVID-19 vaccines, but <b>side effects or harms from vaccines are uncommon after 6 weeks</b>.</p>   | <p>There are no long-term studies on COVID-19 vaccines, but <b>side effects or harms from vaccines are uncommon after 6 weeks</b>.</p>   |
| <p><i>Continues on Next Page</i></p>                         |   |  |  |

## COVID-19 Vaccine Options *(Continued)*

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|--|--|--|--|
| <p><b>What else do I need to know?</b></p> | <p>If you do not want a vaccine now but change your mind later, you can get it then.</p> | <ul style="list-style-type: none"> <li>• The vaccine <b>cannot give you COVID-19.</b></li> <li>• The vaccine <b>cannot change your DNA.</b></li> <li>• It is still possible to <b>get COVID-19 after getting the vaccine</b>, so continue to take precautions.</li> <li>• If you have had COVID-19, the <b>vaccine may still lower your risk</b> of getting it again.</li> <li>• The Pfizer/BioNTech vaccine is also available for people at least 16 years of age.</li> </ul> | <ul style="list-style-type: none"> <li>• The vaccine <b>cannot give you COVID-19.</b></li> <li>• The vaccine <b>cannot change your DNA.</b></li> <li>• It is still possible to <b>get COVID-19 after getting the vaccine</b>, so continue to take precautions.</li> <li>• If you have had COVID-19, the <b>vaccine may still lower your risk</b> of getting it again.</li> </ul> |

People have likely seen numbers about how much vaccines can lower the risk of getting COVID-19. Sometimes, these numbers seem different between vaccines. Trying to compare these numbers is not a fair scientific comparison and could mislead. That is why this decision aid does not show these numbers.

*DynaMed Shared Decisions' Option Grid™ decision aids are reviewed on an ongoing basis and updated to reflect the latest evidence. **Last Update:** March 12, 2021*



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