COVID-19 vaccines
Free, safe and effective

What you need to know
All people ages 12 and older are eligible for the COVID-19 vaccine. People ages 12-17 are only eligible for the Pfizer vaccine, and people ages 12-14 must have permission from a parent or guardian. The COVID-19 vaccines that are approved for emergency use by the Food and Drug Administration (FDA) are safe and effective.

Vaccine trials
- All emergency-approved COVID-19 vaccines had large-scale clinical trials. Tens of thousands of people received the vaccines during these trials — far more participants than were tested in most trials.
- The current available vaccines are Pfizer, Moderna, and Johnson & Johnson.
- Trial participants came from a range of diverse backgrounds.
- The FDA approved the vaccines for emergency use, after a careful review of the trial data.
- There were no serious safety issues found during any of the vaccine trials.

Vaccine safety
- The vaccines cannot give you COVID-19.
- Vaccines cannot change your DNA.
- There is no evidence that the vaccines can make you sterile.
- Even if you are allergic to some things, you won’t necessarily be allergic to a COVID-19 vaccine.
- There is a national system (known as VAERS) that tracks and follows up on any problems people may have after getting a COVID-19 vaccine.

Effectiveness
- The emergency-approved COVID-19 vaccines are highly effective in preventing serious illness due to COVID-19.
- Even if you already had COVID-19, getting infected again is possible so you should still get the vaccine.

You can get this information in different languages, large print, electronic format, oral presentation (face-to-face or on the phone) or braille. Call Customer Service at 800-224-4840 or TTY 711.

careoregon.org
What you need to know about getting the COVID vaccine

1. How to get the vaccine

There are multiple ways to make an appointment to receive a COVID-19 vaccine, and many locations are offering walk-in (or drive-through) vaccines without an appointment:

- Call our COVID Rapid Response Team at 503-488-2818 for help scheduling your vaccine appointment, 8 a.m. to 5 p.m. Monday through Friday.
- Visit the Oregon Health Authority’s COVID vaccine locator at getvaccinated.oregon.gov/#/locator
- Contact your local retail pharmacy.

The federal government is distributing the COVID-19 vaccine to retail pharmacies in Oregon.

2. Getting the vaccine

- Have food and water beforehand.
- Wear clothes that allow you to remove or pull down your sleeve, in order to get the vaccine in your upper arm.
- Wear a face covering.
- Bring your Member ID card with you.
- After you receive the vaccine, you will need to wait for 30 minutes for monitoring.
- The whole appointment should take between 30 to 60 minutes.
- The Moderna and Pfizer vaccines are given in two doses. The first shot helps your immune system recognize the virus, and the second strengthens the immune response.
- For those vaccines, ask about your second shot when you get the first shot.

3. Side effects

- Common side effects of the COVID-19 vaccine include:
  - Fever.
  - Headaches or muscle aches.
  - Pain where you get the shot.
- These are normal side effects of vaccines.
- Side effects are a sign of a good immune response.
- They are much less severe than getting COVID-19.

4. After you get the vaccine

- You’re not fully vaccinated until about two weeks after your second dose.
- If you test positive for COVID-19 after receiving the vaccine, it is a true positive. Please follow public health guidelines for isolation.
- Keep up safety measures:
  - Wear a mask.
  - Stay at least six feet away from other people.
  - Wash your hands.
  - Stay home if you’re sick.
  - Keep gatherings small.

Safety measures help keep people from passing the COVID-19 virus to others, and keep protecting us all until enough people in our communities are vaccinated.