

# FAQs about the COVID-19 Vaccine

## Why should I get vaccinated?

The vaccine and your immune system work together so your body can fight the virus if you are exposed. When paired with protections such as wearing a mask and practicing social distancing, you reduce your chance of exposure and spreading the virus to others. Receiving the COVID-19 vaccination and following recommendations from the Centers of Disease Control and Prevention (CDC) is the best course of action to protect yourself and others from COVID-19.

## Can I get COVID from the vaccine?

COVID-19 vaccines help our bodies develop immunity by creating antibodies that prevent the virus; therefore, you will not contract COVID from the vaccine.

## Is the vaccine safe and will I experience side effects?

The mRNA vaccines (including those from Pfizer and Moderna) do not have live viruses and have been deemed safe for emergency use by the Food and Drug Administration (FDA). Some reactions to the injection can occur, including pain at the site, fatigue, muscle aches, headaches, chills, and fever. Medical experts believe this indicates the vaccine is working, and most symptoms resolve within 24 to 48 hours.

## How effective are the vaccines?

Both the Pfizer and Moderna vaccines have been found to be highly effective at preventing COVID-19 in clinical trials. Both are more than 90 percent effective against COVID-19, regardless of age, race, or other risks for severe illness from an infection.

## Do I have to pay for the vaccine?

All Virtua colleagues receive the vaccine at no cost.

## Is it mandatory for me to be vaccinated or can I wait?

Virtua's infectious disease experts feel strongly that these vaccines are essential to bringing the COVID-19 pandemic to an end. It is your decision to receive the vaccine when you are ready, so please give the matter serious consideration. It is important to educate yourself by accessing the information that Virtua has made available so that you feel informed and empowered by your decision.

Please visit the Virtua VINE for additional information and resources.

