

PROTECT YOURSELF

Get the COVID-19 Vaccine



I got vaccinated because I want to protect myself and my family.

I'm Sarah, and I live in Montpelier with my husband and two young children. I would risk everything for my children, including getting the COVID-19 vaccine, because it means that I get to have the rest of my life with my family. I got vaccinated. Will you?



Central Vermont
Home Health & Hospice

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COVID-19 VACCINES: TRUST THE FACTS

COVID-19 vaccines will not give you COVID-19.

- The COVID-19 vaccine does not contain the live virus that causes COVID-19.
- The COVID-19 vaccine cannot make you sick with COVID-19.
- After getting vaccinated, some people get a fever and have muscle aches and fatigue. This is **not** the coronavirus. It's a sign that your body is building protections against the virus.

COVID-19 vaccines will not change your DNA.

- COVID-19 vaccines do not change or interact with your DNA in any way.
- The vaccines teach your body to protect itself against the coronavirus if and when you come in contact with the virus.

The Johnson & Johnson vaccine is safe.

- More than 6.8 million Americans have received the J&J vaccine. It is safe and effective in preventing COVID-19.
- You are more likely to die from COVID-19 than from extremely rare side effects of the J&J vaccine.
- The protection you get from the J&J vaccine is greater than any known or possible risks.

COVID-19 vaccines are safe for pregnant women and nursing moms.

- Pregnant and recently pregnant people are at an increased risk for serious illness from COVID-19 compared to non-pregnant people.
- There is no evidence that the vaccine causes any problems with pregnancy, including development of your baby.
- The vaccines may pass protections against COVID-19 to your baby through breast milk.

The COVID-19 vaccine is safe for you.

- COVID-19 has caused very serious illness and death for a lot of people.
- COVID-19 vaccines are an important and proven tool to help stop the pandemic.
- They protect you from getting very sick with COVID-19. They may protect the people around you, too.

All necessary safety measures were taken to develop the COVID-19 vaccine.

- All vaccines are developed in a lab and then tested in three phases of clinical trials.
- During the development of the COVID-19 vaccine, none of the required trial phases were skipped.
- Tens of thousands of volunteers willingly participated in clinical trials to test the COVID-19 vaccine. This includes people of all ages, races, and ethnicities.

For updates and COVID testing and vaccine site locations near you, go to the Vermont Department of Health website at healthvermont.gov