

# COVID-19 Vaccine Questions

## From the Field



### Why should I get a COVID-19 vaccine if I can still catch COVID-19 anyway?

COVID-19 vaccines are meant to keep us from getting very sick—or even dying—from COVID-19. They're not meant to prevent all people from catching the virus. Getting a COVID-19 vaccine helps keep us from getting very sick. It can also provide an extra layer of defense for people who've already had COVID-19. Getting the vaccine is also a safer way to build this defense than getting sick with COVID-19.

Source: Centers for Disease Control and Prevention (CDC)



### Why are there so many COVID-19 cases among people who got a vaccine?

Sometimes it might seem like a lot of people who get a COVID-19 vaccine still manage to catch the virus. This can be true. But it's also a little tricky. As the total number of people who've taken the vaccine grows, the pool of people who choose not to get a vaccine shrinks. More cases then will be among vaccinated people because they make up such a large portion of all people in the U.S. The risk of getting very sick from COVID-19 is much lower for those who get a vaccine than it is for those who don't.

Source: Centers for Disease Control and Prevention (CDC)



### Why should I get a vaccine when there are treatments for COVID-19?

The COVID-19 vaccines are the best line of defense against the virus. While treatments are helpful, they don't always keep people from getting very sick or dying from COVID-19. They do not replace vaccines. A bad case of COVID-19 still causes major health problems for some people. People who choose not to get a vaccine are in more danger. The vaccines keep you from getting very sick and are the best way to protect your health.

Source: John Hopkins Medicine



### Why do I need to wear a mask sometimes if I am up to date on my vaccines?

COVID-19 vaccines do a good job at keeping us safe, but sometimes we might need to do more to protect ourselves and those around us. Along with vaccines, mask-wearing is a helpful tool to lessen the impact of COVID-19. The CDC offers some guidance on when we should wear masks. People may choose to mask at any time. People who catch COVID-19 or who are exposed to someone with COVID-19 should wear a mask for a few days.

Source: Centers for Disease Control and Prevention (CDC)



### Can getting a COVID-19 vaccine when I'm pregnant help protect my baby?

Yes, the vaccines can defend a pregnant mother and help protect her baby. Vaccinating pregnant women against COVID-19 might help keep their infants from getting very sick from COVID-19. A recent CDC study shows how. The babies of women who got mRNA vaccines while pregnant were 60% less likely to get very sick from COVID-19. 84% of babies who got very sick from COVID-19 were born to mothers who had not taken a COVID-19 vaccine.

Source: Centers for Disease Control and Prevention (CDC)



### Are the vaccines safe for children? What about myocarditis?

For the most part, yes. Most side effects from the COVID-19 vaccines are mild. In very rare cases, inflammation might occur in or around the heart (myocarditis) after getting a COVID-19 mRNA vaccine. The risk of getting myocarditis after catching COVID-19 however is much higher than the risk of getting it from the vaccine. The benefits of COVID-19 vaccines for children strongly outweigh the known risks, including the risk of myocarditis.

Source: American College of Cardiology

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## Why do I need to get a booster shot if the first shots protect against COVID-19?

COVID-19 vaccines are working well to keep people from getting very sick from COVID-19. But the latest data show that booster shots protect us more. They even increase our defense against the Omicron variant. The best way to protect yourself from COVID-19 is to get the vaccine and a booster shot when you can. This is even truer for people who can get sicker when they catch COVID-19, such as older people and those with certain health problems.

Source: Centers for Disease Control and Prevention (CDC)



## What good will a booster shot do if I can still catch COVID-19?

You're right. People can catch COVID-19 even after they get a booster shot. But booster shots are still very useful where it matters most. They help prevent severe illness, the kind that fills up hospital beds and leads to death. And that's why we need to get the booster shot. Yes, we may catch COVID-19. But having had a booster shot means we won't get as sick when we do.

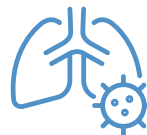
Source: Public Health Insider



## Do the vaccines help protect me from the Omicron variant?

Experts are still learning about the Omicron variant, but data show that the vaccines continue to do their job. They are very good at preventing people from getting so sick from COVID-19 that they have to go to the hospital. Booster shots help too. Booster shots "boost" our defense against the Omicron variant. Based on this data, the CDC suggests that all people age 5 and older get a COVID-19 vaccine, and all people age 12 and older get boosted as soon as they can.

Source: Centers for Disease Control and Prevention (CDC)



## Do the vaccines protect me from long COVID?

Recent data suggest they do. The UK Health Security Agency found that COVID-19 vaccines might help prevent long COVID-19 and reduce its symptoms. In their research, people who get a COVID-19 vaccine are less likely to get long COVID symptoms. Taking the vaccine can also reduce these symptoms if someone already has them. Their data showed that people with long COVID find an improvement in their symptoms after they get a COVID-19 vaccine.

Source: UK Health Security Agency



## Do I still need to wear a mask?

It depends. The CDC suggests masking based on local "COVID-19 Community Levels." In high-level spots, we should wear a mask in public indoor places. In medium-level spots, people at increased risk for COVID-19 should talk to their doctor about masking. In low-level spots, we can choose to wear a mask indoors, but the CDC does not require us to do so. People who catch COVID-19 or who are exposed to someone with COVID-19 should wear a mask for a few days.

Source: Centers for Disease Control and Prevention (CDC)



## What kind of mask should I wear?

Any mask is better than no mask, but some masks protect us more than others. "High filtration" masks like N95s, KN95s and KN94s protect us most if they fit well. Surgical masks are the next best mask to protect you, and cloth masks offer the least protection. Finding a mask that fits and is easy to wear will help keep you protected. Make sure your mask fits over your nose and mouth with no gaps. If you don't have a "high filtration" mask, you can wear two masks at the same time (a cloth mask over one you can throw away) to protect yourself more.

Source: Centers for Disease Control and Prevention (CDC)

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