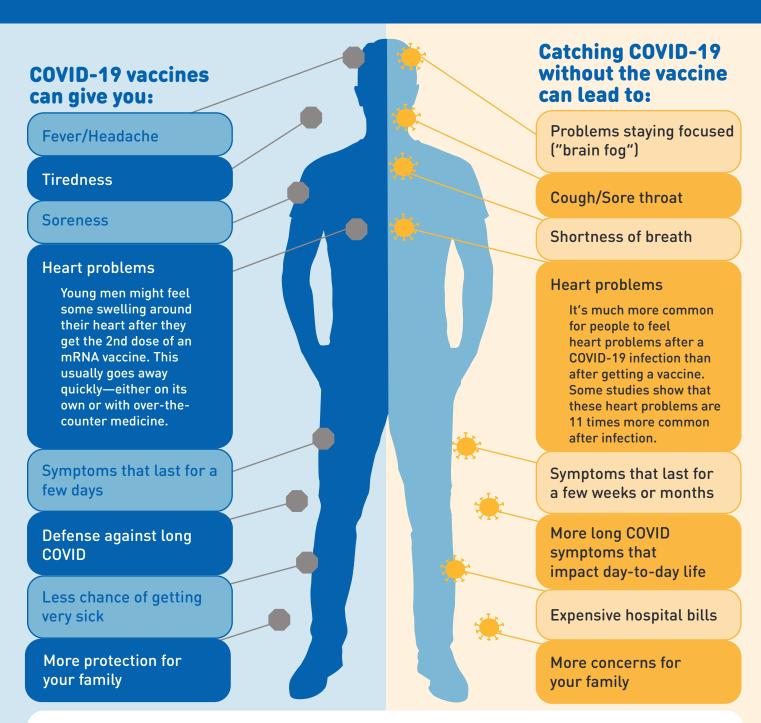# Protect the People Who Matter Most to You

Your family needs you to help keep them safe from COVID-19.

COVID-19 can still make some people very sick. Vaccines can help. While we might not know everything about the COVID-19 vaccines, we do know one thing: Getting the vaccine is much safer than catching COVID-19 without it.

COVID-19 vaccines can give you:

- **Fever/Headache**
- **Tiredness**
- **Soreness**
- **Heart problems**

  Young men might feel some swelling around their heart after they get the 2nd dose of an mRNA vaccine. This usually goes away quickly—either on its own or with over-the-counter medicine.

- **Symptoms that last for a few days**
- **Defense against long COVID**
- **Less chance of getting very sick**
- **More protection for your family**

Catching COVID-19 without the vaccine can lead to:

- **Problems staying focused ("brain fog")**
- **Cough/Sore throat**
- **Shortness of breath**
- **Heart problems**

  It's much more common for people to feel heart problems after a COVID-19 infection than after getting a vaccine. Some studies show that these heart problems are 11 times more common after infection.

- **Symptoms that last for a few weeks or months**
- **More long COVID symptoms that impact day-to-day life**
- **Expensive hospital bills**
- **More concerns for your family**

COVID-19 vaccines might not always be free.

Talk to us today to see if the COVID-19 vaccine is right for you and your family. We'd be happy to help!

Updated March 2023

americares