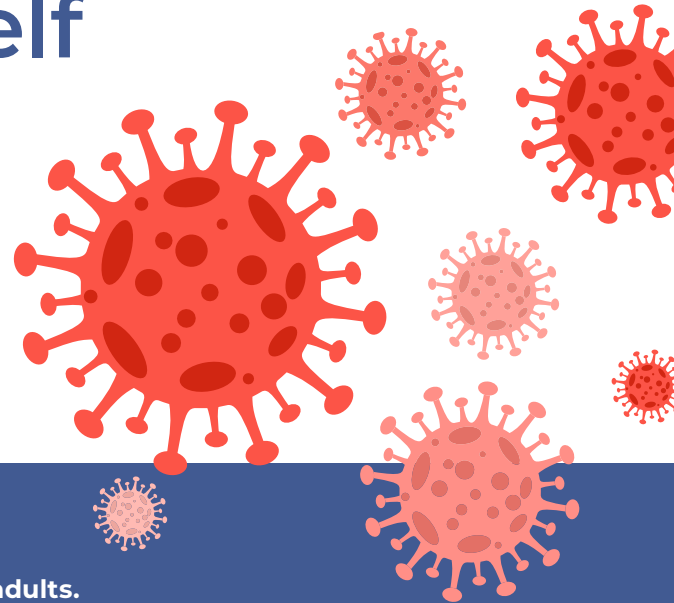


# Immunizing Yourself Against COVID-19



## COVID-19 vaccines have been shown to:

- ✓ Lessen the severity of symptoms<sup>1</sup>
- ✓ Reduce disease transmission<sup>3</sup>
- ✓ Reduce risk of mortality<sup>2</sup>
- ✓ Make communities healthier and safer<sup>4</sup>

## Understanding the Options

COVID-19 vaccines are available for children, adolescents and adults. There are 3 types to choose from.



### mRNA VACCINES

New to market, but research has been ongoing since the 1990s.



### PROTEIN SUBUNIT VACCINES

Used for three decades against the flu, whooping cough and hepatitis B.



### VECTOR VACCINES

Used for decades against chickenpox, malaria and tuberculosis.

#### HOW THEY WORK:

Instruct cells to make COVID-like proteins that trigger the immune system to fight the virus.

Deliver harmless versions of the COVID protein that train the immune system to fight the virus.

Use a modified virus, such as a common cold, to teach the body to fight off COVID.

COVID vaccines are recommended for everyone ages 6 months and older, and boosters for everyone ages 5 years and older, if eligible.<sup>5</sup>



Talk to your health care provider or pharmacist about which vaccine is right for you.

## Safe and Sound

COVID vaccines have been:



### Thoroughly tested

through multi-phase trials with tens of thousands of participants<sup>6</sup>



Proven safe and effective for adults as well as children<sup>7</sup>



Vetted and approved by the US FDA and EMA and endorsed by the WHO<sup>8-10</sup>

## Get Your Job

Vaccines are available at your:



Doctor's office



Neighborhood pharmacy



Community health center

1. <https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>  
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8782520/>  
3. <https://www.nejm.org/doi/full/10.1056/nejmc2107717>  
4. <https://royalsocietypublishing.org/doi/full/10.1098/rsif.2020.0683>  
5. <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html>  
6. <https://doh.wa.gov/emergencies/covid-19/vaccine-information/safety-and-effectiveness>

7. <https://doh.wa.gov/emergencies/covid-19/vaccine-information/safety-and-effectiveness>  
8. <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines>  
9. <https://www.ema.europa.eu/en/human-regulatory/overview/public-health-threats/coronavirus-disease-covid-19/treatments-vaccines/vaccines-covid-19/covid-19-vaccines-authorised>  
10. [http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19\\_vaccine/WHO-EUA-qualified-covid-vaccines.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_vaccine/WHO-EUA-qualified-covid-vaccines.pdf)