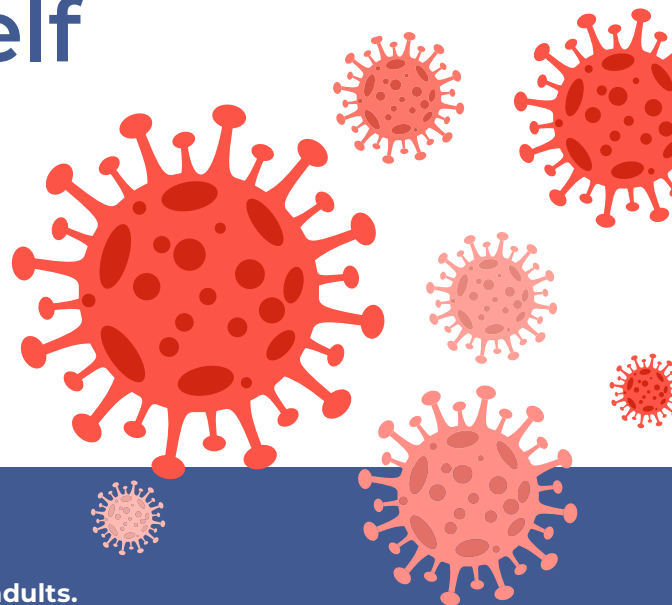


Immunizing Yourself Against COVID-19

COVID-19 vaccines have been shown to:

- ✓ Lessen the severity of symptoms¹
- ✓ Reduce disease transmission³
- ✓ Reduce risk of mortality²
- ✓ Make communities healthier and safer⁴



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.⁵

Safe and Sound

COVID vaccines have been:



Thoroughly tested

through multi-phase trials with tens of thousands of participants⁶



Proven safe and effective for adults as well as children⁷



Vetted and approved by the US FDA and EMA and endorsed by the WHO⁸⁻¹⁰

Get Your Jab

Vaccines are available at your:



Doctor's office



Neighborhood pharmacy



Community health center



”

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



Did this resource help you understand your COVID-19 vaccine options? [Click here](#) ▶

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6. <https://doh.wa.gov/emergencies/covid-19/vaccine-information/safety-and-effectiveness>

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10. http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_vaccine/WHO-EUA-qualified-covid-vaccines.pdf