Immunizing Yourself Against COVID-19

COVID-19 vaccines have been shown to:

- Lessen the severity of symptoms
- Reduce risk of mortality
- Reduce disease transmission
- Make communities healthier and safer

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.

Safe and Sound

COVID vaccines have been:

- Thoroughly tested through multi-phase trials with tens of thousands of participants
- Proven safe and effective for adults as well as children
- Vetted and approved by the US FDA and EMA and endorsed by the WHO

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