

## Benefits of Getting a COVID-19 Vaccine

- COVID-19 vaccination will help keep you from getting COVID-19.
- Getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, [particularly people at increased risk for severe illness from COVID-19](#).
- COVID-19 vaccination is a safer way to help build protection without having to experience sickness
- COVID-19 vaccination will be an important tool to help stop the pandemic
- The combination of getting vaccinated and following CDC's recommendation [to protect yourself and others](#) will offer the best protection from COVID-19.

## Key Things to Know About Covid-19 Vaccines

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19.

## How Vaccines Work

COVID-19 vaccines teach our immune system how to recognize and fight the virus that causes COVID-19. It typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus. That means it is possible a person could get COVID-19 just after vaccination, because the vaccine has not had enough time to build immunity.

If the vaccine you got requires two shots, be sure to get both doses so it can work fully.

## Vaccines Authorized in the United States

- **Pfizer-BioNTech - mRNA, 2 shots, 21 days apart**
- **Moderna – mRNA, 2 shots, 28 days apart**
- **Johnson & Johnson/Janssen – viral vector, 1 shot**

## How Much Will Covid-19 Vaccine Cost?

Nothing. COVID-19 vaccines, including their administration, are free.

Read more at the Department of Managed Health Care's "Know Your Health Care Rights"



## When Can I Get Vaccinated?

### Who can get Vaccinated Now:

#### Phase I A:

- Healthcare Workers
- Long-term care residents

#### Phase I B:

- Individuals 65 and older
- Sector Populations
  - Agriculture and food
  - Education and childcare
  - Emergency services
- Individuals aged 16-64 at higher risk
  - Cancer – weakened immune system
  - Chronic Kidney Disease
  - Chronic Pulmonary Disease
  - Down Syndrome
  - Solid Organ Transplant
  - Pregnancy
  - Sickle Cell Disease
  - Heart Conditions
  - Severe Obesity
  - Diabetes Mellitus Type II
  - \*See complete list at [myturn.ca.gov](http://myturn.ca.gov)

### Who will get vaccinated next?

- All Californians should have access to COVID-19 vaccines by spring 2021.
- To be notified when it's your turn, sign up at [myturn.ca.gov](http://myturn.ca.gov) or call (833) 422-4255.

## What To Expect after Vaccination

After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building immunity. The most common side effects are pain and swelling in the arm where you received the shot. You may also have fever, chills, tiredness or headache. They may affect your ability to do daily activities, but should go away in a few days.

## Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Keep taking all [prevention steps](#) until you are fully vaccinated.

## Vaccine Safety

COVID-19 vaccines authorized by the FDA have been shown to be [safe](#) and [effective](#) in clinical trials. These vaccines were authorized only after it was found that they make it substantially less likely you'll get COVID-19 and that the benefits far outweigh the risks.

The authorized vaccines are up to 95% effective against a person becoming ill with COVID-19.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how the federal government is working to [ensure the safety of COVID-19 vaccines](#)

## Interim Public Health Recommendations for Fully Vaccinated People

For now, fully vaccinated people should continue to:

Take precautions in public like wearing a well-fitted mask and physical distancing

- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at [increased risk for severe COVID-19](#) disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing [COVID-19 symptoms](#)
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

### Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

Sources:

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)  
[covid19.ca.gov](https://covid19.ca.gov)

