



Vaccinate with **Confidence**

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Coronavirus Vaccine Information for Health Care Workers

The COVID-19 pandemic has resulted in the deaths of more than 300,000 Americans and more than a million worldwide. After large clinical trials were conducted, the U.S. Food and Drug Administration (**FDA**), Centers for Disease Control and Prevention (**CDC**) and California's Scientific Safety Review Workgroup gave Emergency Use Authorization for a highly effective and safe vaccine from Pfizer-BioNTech and is expected to do the same for a vaccine from Moderna. Others vaccines may be approved in the coming months, after a rigorous review of the data. Learn more about University of California Health's [Interim Policy about SARS-CoV-2 Vaccination Program](#).

Health care workers with risk of exposure to the SARS-CoV-2 virus that causes COVID-19 have been prioritized for vaccination. Over the coming months, tens of millions of Americans will be vaccinated. The information below helps explain the process of the vaccine's development and addresses frequently asked questions.

Facts about COVID-19 Vaccines

To combat the spread of misinformation, this fact sheet from the CDC addresses common misconceptions about COVID-19 vaccines. For more detail, [please visit this link](#).

FACT: COVID-19 vaccines will not give you COVID-19

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated

FACT: Getting vaccinated can help prevent getting sick with COVID-19

FACT: Receiving an mRNA vaccine will not alter your DNA

The Pfizer-BioNTech vaccine

FDA has authorized the emergency use of the Pfizer-BioNTech COVID-19 Vaccine in individuals 16 years of age and older. The vaccine is given in two doses, three weeks apart.

Before being vaccinated, tell your vaccine provider about all of your medical conditions, including if you:

- Have any allergies;
- Have a fever;
- Have a bleeding disorder or are on a blood thinner;
- Are immunocompromised or are on a medicine that affects your immune system;
- Are pregnant or plan to become pregnant;
- Are breastfeeding; or,
- Have received another COVID-19 vaccine.

You should not get the Pfizer-BioNTech COVID-19 Vaccine if you:

- Had a severe allergic reaction after a previous dose of this vaccine; or,
- Had a severe allergic reaction to any ingredient of this vaccine.

What are the side effects of the Pfizer-BioNTech vaccine?

Side effects that have been reported with the Pfizer-BioNTech COVID-19 and Moderna vaccines generally last only a day or two, but include:

- injection site pain
- tiredness
- headache
- muscle pain
- chills
- joint pain
- fever
- injection site swelling
- injection site redness
- nausea
- feeling unwell
- swollen lymph nodes (lymphadenopathy)

There is a remote chance that the vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the vaccine. Signs of a severe allergic reaction can include:

- Difficulty breathing
- Swelling of your face and throat
- A fast heartbeat
- A bad rash all over your body
- Dizziness and weakness

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital. Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away. You may also report vaccine side effects to FDA/CDC Vaccine Adverse Event Reporting System (VAERS). The VAERS toll-free number is 1-800-822-7967 or report online to <https://vaers.hhs.gov/reportevent.html>.

Information for Pregnant or Lactating Individuals

The American College of Obstetricians and Gynecologists (**ACOG**) has provided [guidance](#) about the COVID-19 vaccine for pregnant individuals. You should also talk to your personal physician if you have concerns.

ACOG recommends that COVID-19 vaccines should not be withheld from pregnant individuals who meet criteria for vaccination based on the priority groups from the CDC's Advisory Committee on Immunization Practices (**ACIP**). ACOG recommends that pregnant individuals should be free to make their own decision in conjunction with their clinical care team.

ACOG also recommends COVID-19 vaccines be offered to lactating individuals similar to non-lactating individuals when they meet criteria for receipt of the vaccine based on prioritization groups outlined by the ACIP.

Information for Individuals Contemplating Pregnancy

ACOG recommends vaccination of individuals who are actively trying to become pregnant or are contemplating pregnancy and meet the criteria for vaccination based on ACIP prioritization

recommendations. Additionally, it is not necessary to delay pregnancy after completing both doses of the COVID-19 vaccine.

Learn more about the [ACOG recommendations about COVID-19 vaccines](#).

5 Things to Know About Operation Warp Speed

[This video](#) discusses Operation Warp Speed, which supported vaccine development.



What is an Emergency Use Authorization?

[This video](#) talk about Emergency Use Authorizations.



How CDC is Making COVID-19 Vaccine Recommendations

[This video](#) goes into detail about the transparent processed used to evaluate vaccine safety.



More information about how COVID-19 vaccines work can be found from the CDC [here](#) and from the FDA [here](#). The state of California also has a useful reference page [here](#). Always talk with your health care provider about any concerns you may have.

Learn more about University of California Health's [Interim Policy about SARS-CoV-2 Vaccination Program here](#).

