

# COVID-19 Vaccines

## What You Should Know



Safe and effective vaccines are available to prevent COVID-19, but the supply is still limited. Read this information to learn more. Talk to your doctor, nurse or pharmacist if you have questions or concerns.

### Who can get the vaccine?

National and state guidelines limit who can get the vaccines at first, but as more vaccines become available, everyone should be able to get it. Many doctors' offices, clinics, pharmacies, hospitals and health departments will have vaccines available.

- Persons age 18 and older can get the vaccine, or 16 and older depending on the vaccine maker. There is no approved vaccine for children at this time.
- If you have had COVID-19, you must be symptom free and out of isolation before getting any dose of the COVID-19 vaccine. You still have some natural defenses after COVID-19 infection, so you may have more side effects (such as aches, fever, chills) to the vaccine if taken very close to your infection.
- If you are pregnant or breastfeeding, talk to your doctor about whether you should get the vaccine. Most often, the risk of having COVID-19 is greater than the risk of having the vaccine.
- If you have had the flu vaccine or any other vaccines, you should wait 14 days before getting the COVID-19 vaccine.
- If you are not well, or have a fever of 100 degrees F or higher, you should wait until you are better to get the vaccine.

### Getting the vaccine at Ohio State

You will be given an information sheet about the vaccine you are to receive and a vaccine card. The vaccine is given as a shot with a needle into the muscle of your upper arm.

**Plan for your appointment to take about 1 hour.** You will need to wait for 15 to 30 minutes after getting the shot for a nurse to check for any reaction.

**You may be getting a vaccine that is given in 1 dose or 2 doses. You will be told which one you are getting.**



**You do not need another vaccine appointment.**

**Your next vaccine appointment:**

Come back for your second dose of vaccine on:

\_\_\_\_\_ at \_\_\_\_\_.

Call Ohio State's Vaccine Hotline at **614-688-VAXX (8299)** and select option 1, 2 or 3:

**Option 1:** If you have been a patient at Ohio State and need to change, cancel or have questions about your appointment.

**Option 2:** If you have not been a patient at Ohio State and need to change, cancel or have questions about your appointment.

**Option 3:** To talk to a nurse about vaccine side effects or other health concerns.



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**If your vaccine needs a second dose:**

You will need to get your second dose 3 to 4 weeks after the first dose, based on the brand of vaccine you are given. Your appointment will be made before you leave today.

Be sure to get the second dose of the same brand of vaccine to get the best protection. You will have some protection after the first dose, but it is greater after the second dose.

## Side effects

The vaccines **do not contain any live virus**, so you cannot get COVID-19 from the vaccine. You also are not able to pass COVID-19 onto anyone else by getting the vaccine.

Because the vaccines teach your body's immune system how to recognize and fight the COVID-19 virus, you may have some signs that the vaccine is working, including:

- Fever or chills
- Muscle and joint pain
- Headache
- Tiredness
- Nausea, vomiting or diarrhea

These signs may occur the day after the vaccine and last for 1 to 2 days. You may expect to have more side effects after your second dose of vaccine.

## Common site reactions

The most common side effects at the site where the vaccine is given include pain, swelling or redness. These often improve over the first 2 days. Some people see redness and swelling return a week later, but all redness and swelling should be gone by 2 weeks after the vaccine was given.

If you have site reactions for more than 2 weeks, or you have other questions about side effects, call Ohio State's Vaccine Hotline at 614-688-8299 or check with your doctor.

## Vaccine protection

**Maximum protection will be reached 2 weeks after your 1-dose vaccine or 2 weeks after your second dose of a 2-dose vaccine.**

More study is needed to find out how long the vaccine provides protection. Additional vaccines may be needed in the future.

## Continue to take precautions

More study is being done to find out how well the vaccine prevents the spread of the virus in those who do not show any symptoms. Until many more people are vaccinated, you need to continue to take these precautions:

- **Wash your hands often** with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that has at least 60% alcohol.
- **Wear a facemask** when around others that covers your nose and mouth.
- **Keep at least 6 feet away** from others.
- **Avoid crowds**, especially indoors.

## To learn more

- [go.osu.edu/COVIDVaccine](https://go.osu.edu/COVIDVaccine)
- [cdc.gov/coronavirus](https://cdc.gov/coronavirus)
- [coronavirus.ohio.gov](https://coronavirus.ohio.gov)
- Ohio Department of Health Hotline: 1-833-4-ASK-ODH (1-833-427-5634)

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**Talk to your doctor or health care team if you have any questions about your care.**