



JFS

Strength in Community

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## FAST FACTS

### COVID-19 VACCINES



#### Are COVID-19 vaccines safe?

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. The Food and Drug Administration (FDA) has authorized the emergency use of the COVID-19 vaccine.



#### Are the vaccines for every age group?

The Pfizer vaccine is authorized for ages 16 and older while the Moderna and J&J (Janssen) vaccines are FDA-recommended for ages 18 and older. At this time, children under 16 or pregnant women are not receiving vaccinations.



#### Will I get COVID-19 from the vaccine?

No, Pfizer, Moderna and Janssen vaccines do not contain the live virus.



#### Are there side effects?

Minor side effects of the vaccine include tiredness and headache, per CDC. Additional side effects may include pain at the site of injection, fever, fatigue, chills and muscle or joint pain.



#### How effective are the vaccines?

Testing shows that the Moderna vaccine is 94.1% effective at preventing symptomatic cases and the Pfizer vaccine is 95% effective. The Janssen vaccine is 85% effective.



#### How many doses are required?

Both the Moderna and Pfizer vaccines require two doses. For the Moderna vaccine, the second dose is given 28 days after the first dose. For the Pfizer vaccine, the second dose is given 21 days after the first dose. Janssen is a one-dose vaccination. Vaccines are free of charge and the vaccine you receive is based on the testing site.



#### Do I need to get the vaccine if I already had COVID-19?

Yes, experts recommend that you wait until you are fully recovered and are no longer in isolation before you receive a COVID-19 vaccine.



#### How do I pre-register for an appointment to learn when and where I can get vaccinated?

Visit <https://covid19.nj.gov/pages/vaccine> for more information and to pre-register. If you have any of the conditions listed on the questionnaire at: <https://www.cdc.gov/vaccines/covid-19/downloads/pre-vaccination-screening-form.pdf>, especially a history of severe allergic reaction (anaphylaxis shock) to injectables or other vaccines, contact your healthcare provider before you get vaccinated.



#### Do I need to still take precautions after being vaccinated?

Yes, you still need to take recommended health and safety precautions, including:

- Wear a mask that covers your mouth and nose when around others
- Practice social distancing, keeping at least 6 feet apart
- Avoid crowds
- Wash your hands often

**For more information, contact the Wellness Helpline:  
609.822.1108 x121 • [wellness@jfsatlantic.org](mailto:wellness@jfsatlantic.org)**

This is a confidential, safe and non-judgmental resource. If you need emergency care, contact your healthcare provider or call 911.

Resource: Centers for Disease Control and Prevention



JFS is an affiliate agency of the Jewish Federation of Atlantic & Cape May Counties and a partner agency with United Way of Greater Philadelphia and Southern New Jersey in Atlantic County

