



JFS

Strength in Community

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COVID-19 Vaccines: A Personal Choice

Are you feeling overwhelmed when it comes to COVID-19 vaccine information? Do you have COVID-19 and general health concerns not being addressed? Feeling pressure relative to your vaccination views? Need help separating fact from fiction?

JFS can help by connecting you with a wellness specialist who will address your concerns in a confidential, safe and non-judgmental manner.



Why should I get a COVID-19 vaccine?

COVID-19 vaccines help protect you and others from getting sick, being hospitalized or dying from the virus. Research has shown that unvaccinated people are five times more likely to get COVID-19 and 29 times more likely to be hospitalized. Additionally, unvaccinated people account for 97% of COVID-19 hospitalizations and deaths (as of July 2021).

Are COVID-19 vaccines safe?

Yes. The vaccines were developed using science that has been around for decades. The COVID-19 vaccine process has undergone the most extensive testing and monitoring in U.S. history.

Will I experience side effects?

You may experience side effects such as tiredness, headache, injection site pain, fever, fatigue, chills and muscle or joint pain. These symptoms should go away in a few days and are normal signs that your body is building protection against the virus. The vaccine does not contain the live virus and cannot make you sick with COVID-19.

Should I get a vaccine if I've already had COVID-19?

Yes. Data shows that being fully vaccinated offers better protection than having had COVID-19. Risk of infection, hospitalization, and death are shown to be much lower in those vaccinated compared to those unvaccinated.

**For more information, contact the Wellness Helpline:
609.822.1108 x121 • wellness@jfsatlantic.org**

If you need medical or emergency care, contact your healthcare provider or call 911.

