

HOW OUR BODIES RESPOND TO THE COVID-19 VACCINE



HOW VACCINES WORK

Vaccines provide protection against bacteria or viruses that make us sick. They work by triggering our immune system to recognize a particular bacteria or virus and build immunity to defend against it if it return.

HOW THE COVID-19 VACCINE WORKS

Both the Pfizer and Moderna vaccines are **mRNA vaccines**, while the Johnson & Johnson vaccine is a **viral vector vaccine**. These vaccines use a different technology but produce the same response in our bodies. None of these vaccines can give you COVID-19.

- Pfizer and Moderna vaccines contain mRNA that instruct our body to make the coronavirus spike protein, the same protein that is found on the surface of the COVID-19 virus.
- The Johnson & Johnson vaccine uses a harmless virus to deliver the instructions to a cell on how to make the coronavirus spike protein.
- The coronavirus spike protein is harmless on its own.
- By making the spike protein, it allows our immune system to produce specific antibodies that can defend against COVID-19. This helps protect us from getting infected if the real virus enters our bodies because our immune system can now recognize the spike protein to defend itself from infection.

SIDE EFFECTS ARE NORMAL

Our immune cells work throughout the body and produce side effects like:



**Pain and swelling
of arm**



Fever



Chills



Tiredness



Headache

WHY SIDE EFFECTS OCCUR

Side effects are caused by our body's immune response and are **common after vaccination**.

- When our immune response is triggered, the cells of our immune system get to work.
- Some of our immune cells act fast to swarm the injection site. This is what causes **pain and swelling of the arm**.
- Other immune cells continue to gather throughout the rest of the body producing side effects like **fever, chills, and tiredness**.
- These side effects typically only last a few days.

When you feel run down or sick after getting the vaccine, it is because your body is putting a lot of energy towards an immune response. This preparation is what protects you if your body comes into contact with COVID-19.

GET THE BEST PROTECTION

- Pfizer and Moderna COVID-19 vaccines require two doses.
- The Johnson & Johnson COVID-19 vaccine requires one dose.
- If you get the Pfizer or Moderna vaccine it is important you get both doses for the best protection.
- Whichever vaccine you get, your body's immune system will be able to defend itself against COVID-19 2 weeks after the final dose.
- By getting vaccinated, we all move closer to getting back to normal and doing the things we love.

Side effects are a sign that your immune system is working and building lasting protection against COVID-19.



**YOU
STOP
THE
SPREAD**