

# COVID-19 Vaccines: Frequently Asked Questions

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## Having the right information about COVID-19 vaccines keeps everyone healthier.

It's normal to have questions about the vaccines or feel confused. Zufall Health is here to answer your frequently asked questions and to let you know what is true and what is not.



### Who should get the 2023-2024 COVID vaccine?

Everyone 6 months old and older, who has not received a COVID vaccine in the past two months, should get a 2023-2024 COVID vaccine to protect against serious outcomes of COVID 19 illness this fall and winter.

### How is the 2023-2024 COVID vaccine different than previous versions?

The 2023-2024 COVID vaccine contains an updated formula that provides the best protection available against serious illness that may be caused by the current variants of the virus.

### What does it mean to be “up-to-date” on your COVID vaccines?

This means that you have received the most recent dose recommended to you by the CDC.

### Are the COVID vaccines for children the same vaccines given to adults?

The vaccines for children have the same active ingredients as the vaccines given to adults. However, children receive a smaller and more age-appropriate dose that is right for them.

### Why should I get vaccinated if I might get COVID anyway?

The vaccine significantly lowers your risk of severe illness, hospitalization, and death if you get infected. Compared to people who are up to date with their vaccinations, unvaccinated people are more likely to suffer serious illness, hospitalization, and death from COVID.

Additionally, getting vaccinated protects others in your family and community. It lowers the chance that you'll spread the virus, especially to people who might get very sick if they catch it.

### If I am pregnant or planning to become pregnant, can I get a COVID vaccine?

Yes, the vaccine is recommended for people who are pregnant, breastfeeding, or trying to get pregnant now, as well as people who might become pregnant in the future.

### How long do I need to wait after a flu vaccine to get a COVID vaccine (or vice versa)?

There is no recommended waiting period between getting a COVID vaccine and other vaccines.

# COVID-19 Vaccines: Common Myths, Busted

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## Having the wrong information about COVID vaccines can be dangerous.

False information makes people less likely to get vaccinated. Stronger confidence in COVID vaccines will reduce COVID-related serious illness, hospitalizations, and deaths in our community.

### Myth

### Fact

I don't need the vaccine if I had COVID already. A past infection provides the protection I need.

Everyone should get vaccinated even if they've had a past infection. A past infection doesn't protect against serious illness, hospitalization, and death.

The COVID vaccines contain dangerous ingredients.

Nearly all the ingredients in the vaccines are also ingredients in many foods – fats, sugars, and salts. COVID-19 vaccines do NOT contain ingredients like preservatives, tissues (like aborted fetal cells), antibiotics, food proteins, medicines, latex, or metals.

The COVID vaccines cause new versions of the virus.

The vaccines don't create or cause new versions of the virus. Instead, COVID vaccines can help prevent new variants from developing.

The COVID vaccines can make me sick with COVID.

None of the vaccines in the U.S. contain the live virus that causes COVID, so the vaccine can't make you sick with COVID.

Researchers rushed the development of the COVID vaccines, so it isn't safe.

Although the vaccines were developed quickly, all necessary steps were taken to make sure they are safe and effective. No serious or life-threatening side effects have been found. Ongoing monitoring shows the vaccines continue to be safe.

## Do you have questions about the COVID vaccine?

Talk to your Zufall medical provider or other Zufall staff member.

[zufallhealth.org](https://zufallhealth.org)

