



Five Things to Know About the COVID-19 Vaccines

The vaccines are our best form of protection.

With vaccines, we can begin to get back to “normal.” Once you’re fully vaccinated, you can enjoy all of the things you have been missing, like gathering with friends and family, attending large events, and traveling.

The vaccines are safe and effective.

They have now been given to millions of people around the world, of all races and ethnicities. All of the vaccines reduce the chance of serious illness, hospitalization, and death from COVID-19.

You cannot get COVID-19 from any of the vaccines.

The vaccines teach your body how to fight the virus. They do not contain the virus.

Side effects are normal; they are usually mild and go away quickly.

Common side effects include soreness in the arm where you received the shot, feeling tired, and having a headache. Some people will feel a bit like they have the flu. They mean your body is building up its defenses against COVID-19.

Even if you’ve had COVID-19, you should still get vaccinated.

We don’t yet know how long “natural immunity” lasts, meaning how long you will remain protected from the virus. Getting vaccinated is still the best form of protection for those who have previously had COVID-19.

To find a vaccine location scan the QR codes to take you to the link:



**Mount Sinai
Health System
Sites**



**New York State
1-833-NYS-4-VAX
(1-833-697-4829)**



New York City

To learn more about COVID-19 vaccines, scan this QR code:

