



**Together Towards Health is a community-led effort to serve and assist our most vulnerable communities in East Contra Costa County in getting vaccinated to fight against COVID-19.**



## **How can I find where to get vaccinated and how can I schedule my vaccine appointment?**

**My Turn California**  
Call 1-833-422-4255  
or scan below!



**Contra Costa County**  
Call 1-833-829-2626  
or scan below!



**Brighter Beginnings**  
Call to schedule a vaccination appointment or for other healthcare needs!  
925-303-4780

## **Why should I get vaccinated?**

- To protect yourself, friends, family, and community!
- To decrease the spread of COVID-19.
- To decrease your risk of severe illness, hospitalization, or death.
- To help leave room in hospitals for sick people.
- Vaccination is the only guaranteed way to stop the pandemic and return to everyday life.
- It is free and easy.



# COVID VACCINATION FAQ

## HOW MUCH DOES THE VACCINE COST?

The vaccine is **FREE!** The federal government will cover the cost of your vaccine. You should not be charged or billed.

## WHAT SIDE EFFECTS CAN I EXPECT?

Like other vaccines, you may get a sore arm, a fever, headaches, or tiredness after getting vaccinated. These are signs the vaccine is working.

## HOW EFFECTIVE IS THE VACCINE?

Pfizer- BioNTech is **95%** effective.

Moderna is **94.1%** effective.

Johnson & Johnson's Janssen is **66.3%** effective.

The vaccines are also extremely effective at preventing severe disease or death from the Delta variant. The exact effectiveness is being studied at this time.

## WHO CAN GET VACCINATED?

Any person aged **12** and up can get vaccinated, including people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.

## HOW DOES THE VACCINE WORK?

Vaccines work by making your immune system produce antibodies to give you immunity, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get sick first. This keeps you from getting sick in the future.

## IS IT SAFE?

All **3 COVID-19** vaccines have been authorized by the Food and Drug Administration (FDA) and have been tested thoroughly. The tests have shown that the vaccines are very safe and effective at preventing severe COVID-19 sickness. The vaccines continue to be tested to make sure they are still safe.

## HOW MANY DOSES OF THE VACCINE DO I NEED?

For some vaccines (Pfizer and Moderna), you will need **2 doses**, 3 to 4 weeks apart. It is okay if it takes a little longer to get the 2nd dose. The Johnson & Johnson vaccine only requires **1** vaccination dose.

## HOW LONG UNTIL I'M FULLY VACCINATED?

A person is considered "fully vaccinated" **14 days** after getting the last required vaccine dose.

## WHAT IF I ALREADY HAD COVID?

You should be vaccinated whether or not you already had COVID-19 because:

- Research has not yet shown how long you are protected from getting infected again after you recover from COVID-19.
- Vaccination helps protect you even if you've already had COVID-19.
- **YOU SHOULD NOT GET VACCINATED IF YOU CURRENTLY HAVE COVID-19.**

## WILL THE VACCINE MAKE ME INFERTILE?

No, there is no evidence that the antibodies made following COVID-19 vaccination or vaccine ingredients will cause any problems with becoming pregnant now or in the future.

## WILL THE VACCINE INFECT ME WITH COVID-19?

No. None of the **3 COVID-19** vaccines that are authorized by the FDA contain the live virus that causes COVID-19, so you can't get infected by it.

## CAN I CHOOSE WHICH COVID VACCINE I GET?

Yes, you can choose. All **3** of the vaccines are recommended by the CDC. The CDC does not recommend one vaccine more than a different one. Available vaccines may vary depending on location.