

Your Choices for COVID-19 Vaccination

This table presents different benefits, risks, and other things to consider when making a decision about receiving a COVID-19 vaccine. You may also have individual benefits or risks to consider that are not included in this table. If you have further questions, print out this table and talk about it with your health care team. They are there to support you when you are ready to make a decision.

CHOICE	BENEFITS	RISKS	OTHER THINGS TO CONSIDER
No vaccine	<ul style="list-style-type: none"> • No side effects from a vaccine • No need to make time to get a vaccine 	<ul style="list-style-type: none"> • Higher chance of getting COVID-19, which can cause fever, cough, shortness of breath, fatigue, body aches, headache, and loss of taste or smell • Increased risk for serious illness from COVID-19, which may lead to a hospital stay or even death • Increased risk for spreading COVID-19 to groups more at risk for serious illness, such as older adults and those with certain health problems 	<ul style="list-style-type: none"> • Need to continue to wear a mask and physically distance
1-dose vaccine (Janssen)	<ul style="list-style-type: none"> • Effective against COVID-19 infection • Very effective at preventing serious illness, hospitalization, and death from COVID-19 • Protects against the COVID-19 variants • Protects against reinfection from COVID-19 • Only need to make time for 1 vaccine appointment, which may be more convenient for your schedule • Can help end pandemic by reaching community immunity • Once fully vaccinated, you may not need to wear a mask in certain situations • May be able to start doing some things you had stopped doing because of the pandemic once fully vaccinated 	<ul style="list-style-type: none"> • Mild to moderate side effects possible after getting the shot, including soreness at injection site, fever, body aches, tiredness, headache, or nausea • Rare risk for a serious allergic reaction • Extremely rare risk for blood clots with low platelets in women ages 50 and younger • Extremely rare risk for Guillain-Barré syndrome (a neurological disorder in which the body's immune system damages nerve cells, causing muscle weakness and sometimes paralysis) 	<ul style="list-style-type: none"> • Janssen vaccine available for people ages 18 and older • Can't get COVID-19 from the vaccine • Doesn't change your DNA • Fully vaccinated 14 days after shot
2-dose vaccine (Pfizer-BioNTech and Moderna)	<ul style="list-style-type: none"> • Effective against COVID-19 infection • Very effective at preventing severe illness, hospitalization, and death from COVID-19 • Protects against the COVID-19 variants • Protects against reinfection from COVID-19 • Can help end the pandemic by reaching community immunity • Once fully vaccinated, you may not need to wear a mask in certain situations • May be able to start doing some things you had stopped doing because of the pandemic once fully vaccinated 	<ul style="list-style-type: none"> • Mild to moderate side effects possible after getting the shot, including soreness at injection site, fever, body aches, tiredness, headache, or nausea • Side effects more likely after second dose but go away within a few days • Rare risk for a serious allergic reaction • Extremely rare risk for myocarditis (inflammation of the heart muscle) or pericarditis (inflammation of the lining outside the heart) 	<ul style="list-style-type: none"> • Pfizer-BioNTech vaccine available for people ages 5 and older • Moderna vaccine available for people ages 18 and older • Can't get COVID-19 from the vaccine • Doesn't change your DNA • Fully vaccinated 14 days after second shot • Need both shots for best protection from COVID-19