

Are you hesitant of the COVID-19 vaccine?

It's understandable to feel cautious about getting the vaccine, especially if you're overwhelmed with the amount of COVID-19 information out there. However, you should know that studies have consistently shown that COVID-19 vaccines are safe and effective.

Why should I get vaccinated?

Studies show that COVID-19 vaccines are effective at keeping people from getting COVID-19, even against new variant strains. They also help keep people from getting seriously ill even if they do get COVID-19. This is especially critical as new variants of the virus that causes COVID-19 illness have emerged.

What is herd immunity and why does it matter?

Herd immunity is achieved when a large portion of a community becomes immune to a disease. This makes it difficult for the disease to spread from person to person. As a result, the whole community - including those not yet immunized - is protected. Limiting the spread of the disease through widespread vaccination also limits the chance of the virus mutating further.

Public health officials estimate that 70 to 85% of the population will need to be vaccinated before herd immunity for COVID-19 is achieved.

Is the Delta variant in Oklahoma? Why does it matter?

Yes, positive cases for the Delta variant have been identified in Oklahoma.

Studies suggest that the Delta variant is more transmissible than the Alpha (or U.K.) variant, which is more contagious than the original SARS-CoV-2 strain.

10 Things to Know if You're Unvaccinated

- 1. The COVID-19 vaccine can protect you from getting sick.**
 - a. The current FDA authorized vaccines are extremely effective at preventing severe COVID-19 and death.
- 2. Getting vaccinated helps protect others in your community!**
 - a. Older and immunocompromised people are at greater risk for severe or fatal COVID-19. Higher rates of vaccination can reduce the degree of community spread.
- 3. More vaccination means a chance to return to normal life.**
 - a. Vaccinations are the best method for returning to pre-pandemic life. In light of the delta variant, this is more important than ever.
- 4. Vaccine development was fast, but it did not take shortcuts.**
 - a. The FDA authorized vaccines were as stringently tested for safety and efficacy as other modern vaccines. The speed of their development was accomplished through substantial federal funding and programs to improve access to the necessary equipment, materials, and testing.
- 5. COVID-19 vaccine testing was diverse.**
 - a. Clinical trials for the Pfizer and Moderna vaccines included Black (10%), Hispanic (20%), and older age group (25%) participants, as well as people with chronic medical conditions. The Johnson & Johnson vaccine included Black (13%), Hispanic (15%), Asian (6%), and Native American (1%) participants.
- 6. Side effects of the vaccines are temporary and do not mean you have COVID.**
 - a. The vaccines do not contain live coronavirus, which means will not and cannot get COVID-19 from the vaccination. Common symptoms such as a sore arm, mild fever, or body aches may occur, but these are the result of your body's immune system learning to recognize and fight the coronavirus.
- 7. Allergies? You can still likely get the vaccine.**
 - a. According to the CDC, people with certain allergies to foods, latex, and common allergens can get a vaccine. If you have allergies, talk about your concerns with your doctor to determine if you are eligible to get vaccinated.
- 8. If you have had COVID-19, getting vaccinated will provide extra protection.**
 - a. Previously having COVID-19 does not prevent reinfection. The vaccine will provide extra protection and boost your immune system's ability to fend off the virus.
- 9. Time is of the essence.**
 - a. Waiting to get vaccinated allows COVID-19 to continue spreading in the community, which can lead to new, aggressive mutations, like the delta variant.
- 10. Vaccines save lives!**
 - a. Vaccines can protect your life, as well as the lives of those around you. We all have a role to play in ending the COVID-19 pandemic, and getting vaccinated is essential to accomplishing this shared goal.

Already vaccinated? Here's how you can help:

Talk with your friends and family

- COVID-19 vaccines are new and it is normal for people to have questions about them.
- Listen without judgement and with empathy to their concerns.
- Share your experience and why you chose to get the vaccine.

Ask open ended questions

- Asking open ended questions helps us better understand each other.
- Understand what your friend or family member is concerned about.
Where they learned any troubling information, and what they have done to get answers to their questions.

Ask permission to share information

- When you understand your friend or family member's questions and true concern about the vaccine, tell them where you get the information that you trust.
- Sometimes, sharing quick, accurate answers to common concerns can go a long way toward moving someone from worry to confidence.
- If you don't know the answer to their question, offer to help look for information.

Help them find their own reason to get vaccinated

- Everyone gets vaccinated for a reason - Protecting family and friends, returning to work or school, travelling, to be less anxious seeing their loved ones and returning to normal life.
- Shift the conversation from “Why not?” to “Why?”

Help make their vaccination happen

- When they decide their “why”, offer to help make their vaccination path shorter, easier, and less stressful for them.
Help them make an appointment, offer transportation or childcare, or to simply go with them to the appointment.

Every person who chooses to get vaccinated brings us all a step closer to moving past the COVID-19 pandemic. As a trusted messenger to your friends and family, you can play a role in their decision to get vaccinated.

Education resources about the vaccine to answer common questions

Frequently asked questions from CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

FAQ Oklahoma State Health Department:

<https://oklahoma.gov/covid19/vaccine-information/vaccine-faqs.html>

What to know if you are unvaccinated and would like to make a vaccine appointment:

Types of vaccines available:

Pfizer - Two dose series (21 days apart)

You will need to get your second dose 21 days after your first dose.

A person is considered “fully vaccinated” two weeks after your second dose.

Moderna - Two dose series (28 days apart)

You will need to get your second dose 21 days after your first dose.

A person is considered “fully vaccinated” two weeks after your second dose.

Johnson & Johnson - Single dose series

A person is considered “fully vaccinated” two weeks after your vaccination.

Make an appointment by:

Visiting an OU Health Clinic

Visiting an OU Health Pharmacy location

www.vaccinefinder.gov

www.vaxokc.com

www.vaccines.gov

www.vaccinate.oklahoma.gov

