



COVID-19 vaccine a guide for teens



How does the vaccine work?

The COVID-19 vaccine sends instructions to your cells that teach your immune system to recognize the virus that causes COVID-19.

It takes about two weeks after the second shot for the body to build protection.

Benefits of the Pfizer-BioNTech COVID-19 Vaccine

- 94% effective in preventing COVID-19 illness
- If you do become infected with the virus, symptoms are less severe
- Decreases the risk of spreading the virus to others

Coping

Mild side effects are common. There are ways you can help yourself. Here are some things to try.



DISTRACT

Did you know that distraction can help manage pain and anxiety?

- Watch movies
- Go for a walk outside
- Create art
- Video chat with friends
- Play video games
- Start a puzzle



RELAX

Relaxation techniques can decrease the effects of stress on your mind and body and can even reduce pain. YouTube videos can help with deep breathing, mindfulness, meditation, and yoga.

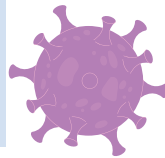
COVID-19 vaccine myths vs. facts

Myths

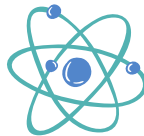
The COVID-19 vaccine can change my DNA.



The COVID-19 vaccine can cause COVID-19.



The COVID-19 vaccine is unsafe because of how quickly it was developed.



The COVID-19 vaccine can make me infertile.



The side effects of the COVID-19 vaccine are dangerous.



Facts

The COVID-19 vaccine sends a message to your cells to help your body protect itself from a future COVID infection. The vaccines cannot change your DNA.

The COVID-19 vaccine cannot give you the virus or cause a positive test result.

The COVID-19 vaccine was produced quickly. This is because of funding and research in response to the pandemic. All safety standards were met.

Fertility problems are not a side effect of the COVID-19 vaccine.

Most side effects are short-term and not serious or dangerous. Not everyone gets side effects after the vaccine. The vaccine will still help protect you from COVID-19. To learn more, please look over the information given to you at the time, or go to covidvaccine.com



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