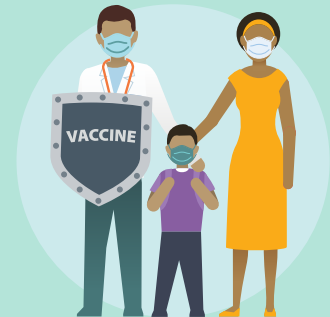# What You Need to Know About the COVID-19 Vaccine

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic

Special Olympics encourages everyone who has access to the COVID-19 vaccine, to get vaccinated. The vaccine will help protect you from getting COVID-19. Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. By getting vaccinated, you may also help protect people around you.

How the COVID-19 vaccine works

There are a few different COVID-19 vaccines available. Some vaccines take only one shot. Like the flu shot. Some have two shots. If you have a vaccine that has two shots, the shot will happen in two parts. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. All types of the vaccines will help protect you.

The COVID-19 vaccine is safe

All the COVID-19 vaccines that are being used have gone through the same safety tests as any other vaccines produced through the years.
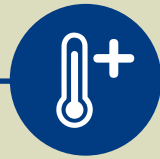
It's very important for people with ID to get the COVID-19 vaccine

Globally, studies have shown that people with ID are 2-4x more likely to die from COVID-19 than the general population. In the United States, the most recent study shows that people with ID are almost 6x more likely to die from COVID-19.

Last updated: 6 October 2022

Side Effects from the COVID-19 vaccine

FEVER   **SORE MUSCLES**   **FATIGUE**

Vaccines may cause side effects in some people. Like sore muscles, feeling tired, or a mild fever. These reactions mean the vaccine is working. It's teaching your body how to fight COVID-19 if you are exposed. Most people only have these side effects for a few days. If you have any of these side effects, it does not mean you have COVID-19.

When to get vaccinated

Get a COVID-19 vaccine as soon as you have access to the vaccine. Most of the world does not have access to the vaccine yet. But as more vaccines become available, it will be available to more people.

Where to get vaccinated

The vaccine is being given at many types of places. At doctor's offices, clinics, hospitals, and pharmacies. Call your local health authorities. Or call your doctor to find out the best place for you to get the vaccine. As more vaccine becomes available, more places will be offering the vaccine.

COVID-19 booster shots help you be healthy.

A booster shot is a COVID-19 vaccine shot you can get to help keep you from getting very sick from COVID-19. Some COVID-19 booster shots are for people ages 5 and older. Some COVID-19 booster shots are for people ages 18 and older.

Ask your doctor which COVID-19 booster shot you should get.

- You can get a COVID-19 booster shot if you have had COVID-19 more than three months ago.
- You can get a COVID-19 booster shot if you have allergies.
- You can get a COVID-19 booster shot if you have health problems.
- Ask your doctor where to get a COVID-19 booster shot or go to vaccines.gov to find a location near you.

Continue protecting yourself from getting COVID-19

You still need to protect yourself if you have gotten the COVID-19 vaccine. Wear your mask. Wash your hands often. Practice social distancing. Right now, experts don't know how long the vaccine will protect you. It's a good idea to continue following the guidelines from your local health authorities. We know that not everyone has access to the vaccine right now. It's still important to protect yourself and others.
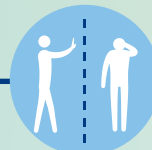
Wash your hands often with soap and water for at least 20 seconds.

Cover your mouth and nose with a face covering/mask when around others.

Clean surfaces with disinfectant.

Practice social distancing. This means stay 6 feet or (about 2 meters) away from others.
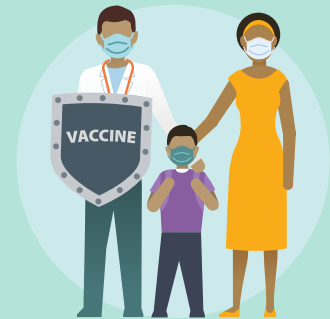
Don't touch your eyes, nose and mouth with unwashed hands.

Cover your nose and mouth when you sneeze or cough.

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Special Olympics
Health
MADE POSSIBLE BY **Golisano** FOUNDATION

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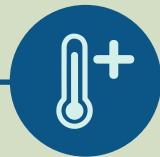
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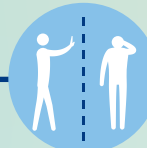
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