



What to Expect After a COVID-19 Vaccine



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Common Side Effects

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

Helpful Tips

To reduce pain and discomfort where you got the shot



- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever



- Drink plenty of fluids.
- Dress lightly.

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What You Can Do After Receiving a COVID-19 Vaccine



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Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

- Vaccinated individuals can more safely engage in a variety of activities and reduce mask-wear according to local, state, federal, and Wing policies
- This is your opportunity to be able to “ditch the mask” in more activities and locations in accordance with these policies



Get a COVID-19 vaccine

- Prevention measures not needed
- Take prevention measures
Wear a mask, stay 6 feet apart, and wash your hands.
- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

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COVID-19 Vaccine Myths



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- Myth #1 – COVID-19 Vaccines can give you COVID-19
 - These vaccines do not contain live COVID-19 virus – therefore you cannot get the virus from these vaccines
 - For full immunity and efficacy from the vaccine, it takes 2 weeks following your final dose
 - 2 weeks after your second dose (Pfizer and Moderna), or your first dose (Johnson & Johnson)
 - There is a small risk of being exposed and/or contracting COVID-19 prior to this full immune response during that 2 week period
 - Vaccines are not 100% effective, however they are still valuable
 - If you do become infected with COVID-19 post vaccination, you will have a shorter and less severe course of the disease as a result of the vaccine

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COVID-19 Vaccine Myths



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- Myth #2 – Since the vaccine is voluntary, I won't be covered if I develop a vaccine side effect
 - False – treatment is determined based on your TRICARE plan or VA benefits – not on whether or not you have received a vaccine
 - TRICARE covers treatment relative to COVID-19 in accordance with your insurance plan or your VA benefits package
 - Whether you have been vaccinated or not
 - Any side effects experienced are also treated in accordance with medical guidelines and covered according to TRICARE and VA benefits package
 - COVID-19 vaccines are also offered free of charge throughout the US – not just at MTFs

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Reference:

<https://www.tricare.mil/coronavirus>

<https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>



COVID-19 Vaccine Myths



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- Myth #3 – COVID-19 Vaccines can alter your DNA
 - False – there is no way for these vaccines to change your DNA
 - Some vaccines utilize mRNA technology to teach your cells how to fight the virus
 - New technology in vaccines – not new technique
 - Research has been ongoing in mRNA vaccines (and other treatments) for decades
 - mRNA is messenger RNA, which is created by DNA and sent outside of the nucleus of the cell to be read and create proteins
 - It is degraded when it is done creating the protein it was designed to create
 - This is a normal process in your body that is used by this vaccine to train your body how to fight the COVID-19 virus

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Reference:

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

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



How do mRNA vaccines work?



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How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

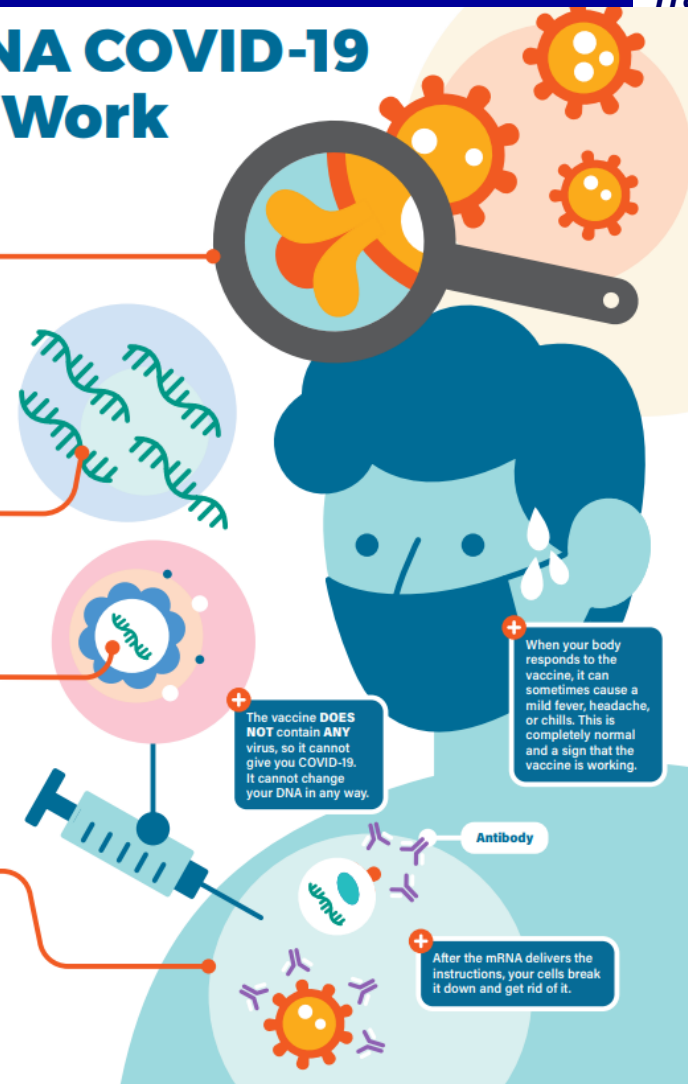
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



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