



Let's Talk COVID VACCINE

Good news! Vaccines have been created, tested and approved to help us fight the virus.



The vaccines have different names, but they work the same way. They give your immune system directions for fighting the virus. If you get infected by COVID, your immune system will be better prepared to knock it out.

The vaccine does NOT give you COVID. It gives you the code to the virus so your immune system can disarm it.



The vaccine has been tested to make sure it is safe and effective. People all over the world have been part of the tests. And now it has arrived in Washington State, ready to help us stop this virus.

Who is the Vaccine for?

The vaccine is for everyone over age 18 (16 and older for the Pfizer vaccine). As it becomes available, our state is releasing the vaccines in phases, beginning with people who:



Receive care in a long term care setting, such as adult family home, supported living and SOLA.



Have a health condition that puts them at higher risk for illness or death, such as Type II diabetes, heart disease, asthma or autoimmune disease.



People who work in a health care setting, including personal care providers.

Find Your Phase



Check your vaccine eligibility at findyourphasewa.org.

What to Expect

You will need to have 2 shots. They will be 3-4 weeks apart.



Wait 15 minutes to make sure there is no allergic reaction.



3-4 weeks

Make an appointment for the second shot 3-4 weeks later.



How it Feels

You may feel side effects from the vaccine. They last from a few hours to a few days and include:



Soreness in your arm where you got the shot.



Body aches, headache.



Feeling tired.



Mild fever or chills.

Keep Yourself and Others Safe

Even though a vaccine helps you fight COVID, you can still be infected and infect others. Until enough people are vaccinated, it is important to keep each other safe.



Face Coverings



Hand Washing



Social Distance



No Large Groups