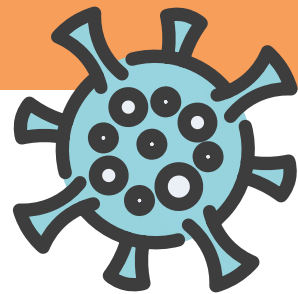


WHAT YOU SHOULD KNOW ABOUT THE COVID-19 VACCINE



It will take several months before most people are vaccinated and it is safe to gather in groups while not wearing a mask. Until then, stay safe when you are around others. Here is what you need to know about the COVID-19 vaccine.

IS THE COVID-19 VACCINATION PROCESS SAFE?

- The COVID-19 vaccine is a form of medicine that has been carefully tested all around the world.
- COVID-19 vaccines will NOT give you COVID-19 or cause you to test positive for the virus.

WHO SHOULD CONSIDER GETTING THE COVID-19 VACCINE?

- Anyone who is over the age of 70.
- People with breathing issues, asthma, seizures, or weakened immune systems.
- Direct support workers and family who care for individuals.
- Individuals with disabilities living in their homes or in a facility.

WHY SHOULD I CONSIDER GETTING THE VACCINE?

- Talk with your doctor about if the vaccine is right for you.
- The COVID-19 vaccine is a safe way to protect yourself and the people around you.
- The vaccine will help us get back to “normal” faster.

IOWA DD COUNCIL
PO BOX 737
DES MOINES, IA 50303

WHAT IS IT LIKE TO GET THE VACCINE?

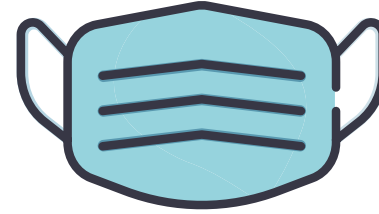
- You can go to a medical clinic, pharmacy, or vaccine station to get your vaccine.
- You need 2 doses of the vaccine, 3 weeks apart, to have the best protection.
- You must wait 15 minutes after your vaccine to make sure you don't have a reaction.

WHAT ARE THE SIDE EFFECTS OF THE VACCINE?

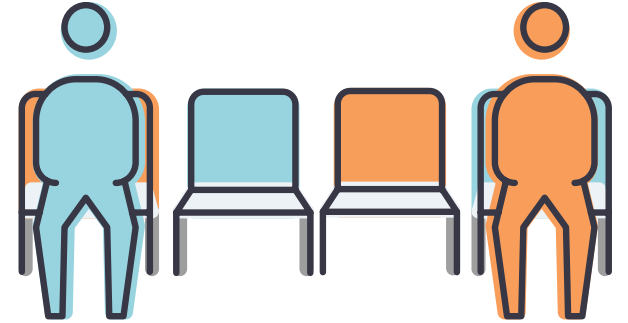
- Your arm might be sore or itchy in the area where you got your shot.
- You may get a slight fever or chills, a runny nose, or a headache.
- You might be extra tired for a few days.

HOW CAN I KEEP MYSELF AND OTHERS SAFE?

- Always wear a mask when you leave home, even after you receive the vaccine. It takes time for the vaccine to build up in your body.
- Wash your hands often and keep social distancing.



NON-PROFIT
U.S. POSTAGE
PAID
DES MOINES, IA
PERMIT # 5746



Visit iowaddcouncil.org for more ways to be informed and stay healthy.
For additional resources and support, call Iowa Compass at 800-779-2001
or visit their website at iowacompass.org.