

# WHY SHOULD I GET A COVID-19 VACCINE?

It is our best tool for safely getting back to normal.

## FACT: COVID-19 Vaccines are PROVEN Safe and Effective after 285+ million doses in the U.S.

Both types of current vaccines teach the body to recognize the virus' spike protein and to make antibodies against it.

Both are safe; neither give you COVID-19 nor alter your DNA



The most vaccinated age groups (i.e., 65+) once had the most hospitalizations and deaths from COVID-19. Now, they are among the least hospitalized. Because they aren't as widely vaccinated, more people ages 35-54 are being hospitalized for COVID compared to those in the older, more vaccinated age groups.

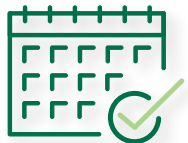
### HAD COVID?

#### Still Get Vaccinated Soon



Antibodies from previous infection don't protect as well or as long as a vaccine.

#### Do I need to wait 90 days to get vaccinated?



NO, unless you were treated with monoclonal antibodies, get the vaccine as soon as your symptoms are gone.

The CDC says there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

## UNDERSTANDING THE NUMBERS

We're trending in the right direction, but much of Alabama's immunity is due to previous infections — which won't last.

### Why I should get the vaccine

- The more people vaccinated, the sooner the pandemic ends for everyone
- Take off your mask when fully vaccinated
- Safely get back to events and travel

### Save lives — Protect yourself, family, friends and others



- 90% decrease in risk of infection
- Pfizer-BioNTech & Moderna: proven to be 94% effective against hospitalization
- Data shows that vaccinated people experience severe COVID consequences at one-tenth the rate of those who are unvaccinated
- Covid symptoms and risks are far worse than possible side effects of a vaccine
- If you catch COVID after a vaccine, symptoms are likely little or none
- Stop the spread of dangerous mutations and variants that could reignite the pandemic

### Avoid lingering health issues caused by a COVID infection



- Shortness of breath
- Loss of taste/smell
- Fatigue
- Brain fog
- Migraines

Get a free COVID-19 vaccination  
[www.uab.edu/uabunited/covid-19-vaccine](http://www.uab.edu/uabunited/covid-19-vaccine)

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