**COVID-19 Vaccine Info Sheet**

The COVID-19 vaccine candidates developed by Pfizer and Moderna are what’s considered an “mRNA vaccine.” Results from Phase III clinical trials (> 70,000 people studied) have suggested that administration of these vaccines will prevent COVID infection in 95% of people who receive them. The purpose of this information sheet is to provide clarity on what an mRNA vaccine is, how it works, and why it’s safe to receive.

**What is mRNA?**
Simply put, mRNA are the 'blueprints' your cells need to build proteins that are essential to life.

**What is an mRNA vaccine?**
An mRNA vaccine uses our own biology to help you become immune to the COVID-19 virus. The COVID-19 virus has a unique protein, referred to as the 'spike protein,' which is present on the outside of the virus.

The COVID-19 vaccines have mRNA inside of them that will 'instruct' your cells on how to build the 'spike protein.' It is very important to note that the spike protein is **harmless**. You cannot get sick from it. Once your cells begin building the spike protein, your own immune system will recognize it as foreign. The immune system will then begin to respond naturally and develop immunity to anything that has the same 'spike protein' — especially, COVID-19!

**Are mRNA vaccines safe? Are there side-effects?**
Yes, the mRNA vaccines are considered safe. Yes, like with every vaccine or drug, there are side-effects associated with its administration. The most common side-effects reported with administration are fever, chills, and muscle aches — which are all similar to the Flu vaccine we receive every year. If you experience those symptoms, it does not mean that you’re sick, it simply means that your immune system is doing its job and learning how to fight the virus!