



Protect Yourself & Your Community

LET'S GET VACCINATED

Here are answers to 5 most commonly asked questions from staff working at long term care facilities in Fairfax Health District.

1

Why should I get vaccinated if I'm going to get sick anyway?

While some people may still get COVID-19 and flu after getting vaccinated, COVID-19 and flu vaccines lower your risk of worse outcomes such as severe illness, hospitalization, and death and reduces your chances of spreading it to others.

- People not up to date with COVID-19 vaccine are **2.5 times more likely to be hospitalized due to COVID-19** than those who are up to date.
- People who were not vaccinated against flu last year were **57% more likely to be hospitalized** due to flu than those who were vaccinated.

2

I already had COVID-19. Why should I get vaccinated?

Having COVID-19 provides some protection against the virus but it decreases over time. If it's been 3 months since your last infection, you should get the most recent COVID-19 vaccine available to you. People who get vaccinated after getting COVID-19 are:

- **Less likely to get COVID-19 again** and
- **Less likely to report experiencing long COVID**

3

Will the COVID-19 and flu vaccines make me sick?

The COVID-19 and flu vaccines do not contain the virus and cannot make you sick with these illnesses. **Some minor side effects are normal** and may include:

- Pain, redness, or swelling at the injection site
- Headache, chills, fever

Any side effects are typically manageable with over-the-counter pain medication. Many places have **flexible scheduling available** for vaccine appointments including evening and weekend appointments if you are concerned about missing work.

Older adults and people with weakened immune systems are at increased risk for severe disease, hospitalization, and death from COVID-19 and flu.

They rely on YOU to keep them safe and healthy!



4

I already got several doses of COVID-19. Why do I have to get another one?

The viruses that cause COVID-19 and flu change over time. Also, the **protection that COVID-19 and flu vaccines provide against severe disease decreases over time.**

- Boost your body's ability to fight off respiratory disease by getting the most recent vaccines available to you.
- COVID-19 and flu vaccines are **formulated to target currently circulating strains** of these viruses, providing more protection.

5

Will the COVID-19 and flu vaccines affect fertility?

There is no evidence to show that any vaccines, including COVID-19 and flu vaccines, cause fertility problems in women or men. **Getting vaccinated can help protect you and your baby from serious illness** and is recommended for people who are pregnant or who plan to become pregnant.

- **People who are pregnant are more likely to get very sick from COVID-19 and flu** compared to people who are not pregnant.
- People who get COVID-19 or flu during pregnancy are at an **increased risk of complications** that can affect your pregnancy and developing baby.



The COVID-19 vaccine is safe and effective.

- It is **safer** to get the vaccine than it is to get COVID-19.
- Tens of thousands of participants were **evaluated in clinical trials** for vaccine safety and effectiveness.
- The vaccine met rigorous safety standards from the U.S. Food and Drug Administration (FDA).
- **Hundreds of millions** of people in the U.S. have been safely vaccinated.
- For those who are concerned about mRNA vaccines, the **COVID-19 Novavax vaccine is available** and uses the same technology used in other vaccines including flu, whooping cough, and Hepatitis B.

Vaccine Resources

CDC COVID-19 FAQ:

www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

CDC Flu FAQ:

www.cdc.gov/flu/season/faq-flu-season-2022-2023.htm

fairfaxcounty.gov/health

Find a vaccine at
vaccines.gov



To request this information in an alternate format, contact the Fairfax County Health Department 703-246-2411 TTY 711.
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