



COVID-19 VACCINE TOOLKIT

CHICAGO

INTRODUCTION

The City of Chicago Department of Public Health has created this toolkit to facilitate outreach to your network about the COVID-19 vaccine.

This toolkit can be used immediately. It includes flyers, social media graphics and other tools to spread the word about the COVID-19 vaccine.

All materials are available in both English and Spanish, additional translations are available at www.Chicago.gov/COVIDvax under Resources.

You have full permission to copy or adapt messaging and flyers for your communications, no credit is needed. You may also add your logo next to the CDPH logo. We hope these resources help meet your communications needs.

COVID-19 Vaccine Fact Sheet

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YOU HAVE QUESTIONS... LET'S TALK ABOUT THEM!

Make sure you have all the facts about the COVID-19 vaccines.

How safe is the vaccine? It was created quickly...	All COVID-19 vaccines available in the United States are safe and very effective at preventing COVID-19 illness. The COVID-19 vaccines were tested with tens of thousands of people to make sure they meet safety standards and protect adults of different races, ethnicities, and ages.
Will I feel sick after I get the vaccine?	First of all, you can't get COVID-19 from the vaccine. But after you get the vaccine, you could have some side effects. These side effects include headaches, feeling tired, or having a stomachache. The most common side effect is feeling sore or swollen where you got the shot. These side effects are normal! They are signs that your body is building protection. These side effects may be unpleasant for 1-3 days, but they are not dangerous. If you don't have side effects, don't worry – your body is still building protection.
I've already had COVID-19. Do I still need a vaccine?	Yes. You should get the vaccine even if you have already had COVID-19. Some people have gotten COVID-19 more than once. The vaccine also offers more protection against reinfection than your body could develop on its own from already having COVID-19.
COVID-19's survival rate is high. Do I really need the vaccine?	While most people who get COVID-19 recover, some develop serious health issues that can affect them for a long time. By getting the vaccine, you lessen your risk of getting sick or being hospitalized with COVID-19. You also are helping to reduce spread of COVID-19.
What's in the vaccines?	You can find the ingredient lists of all vaccines on their websites. None of the vaccines contain the live virus that causes COVID-19. Instead, these vaccines contain "instructions" from the virus so that your body can learn how to create the proteins needed to fight it.
How many vaccine doses do I need? One or two?	The Johnson and Johnson COVID-19 vaccine requires one shot. The Pfizer-BioNTech and Moderna COVID-19 vaccines require two shots. For those vaccines, it is important to get both shots to gain the most protection. Before you leave the vaccination site, make an appointment to get the second shot 3-4 weeks after the first shot, depending on the vaccine. This is the recommended time to get your second shot.
Is the vaccine safe for children?	In May 2021, the Pfizer vaccine was approved anyone age 12 and up after months of testing. Additional trials are underway for the other vaccines and additional age groups. As with all COVID-19 vaccine testing, every study, every phase, and every trial to determine the vaccine is safer for children was reviewed by the FDA and a vaccine safety group.
Is the vaccine free to me?	Yes - The COVID-19 vaccine is free to everyone, regardless of insurance or immigration status. When you go to get your vaccine, you might be asked for your insurance card or your Medicaid or Medicare information. Why? The place where you are getting the vaccine might charge a small fee to your insurance company or the government. This charge cannot be passed on to you. You cannot be denied a vaccine if you do not have insurance. If you don't have insurance, Medicare, or Medicaid, just say so. You still get the vaccine for free.

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[CHICAGO.GOV/COVIDVAX](https://chicago.gov/covidvax)

Find Your Vaccine Flyer

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PROTECT CHICAGO ★

**GET VACCINATED TODAY TO PROTECT YOURSELF,
YOUR LOVED ONES, AND YOUR COMMUNITY!**

FIND YOUR VACCINE
at **zocdoc.com/vaccine** or call
312.746.4835

- Anyone 12+ can get vaccinated against COVID-19, regardless of insurance and immigration status.
- Pfizer is the only vaccine approved for people ages 12 through 17.
- All vaccines are safe, effective, and offered at no cost.
- No appointments needed
- Under the City of Chicago Anti-Retaliation Ordinance, anyone who works in Chicago can use accrued paid sick leave or paid time off to get their COVID-19 vaccine.



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What to Know About COVID-19 Vaccines

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**WHAT DO I NEED TO KNOW ABOUT
COVID-19 VACCINES?**

THERE ARE THREE COVID-19 VACCINES AVAILABLE IN THE U.S.:

All three vaccines are extremely effective at preventing hospitalization or death from COVID-19. The Johnson & Johnson vaccine requires only one dose, and the Pfizer and Moderna vaccines are both two doses. You only need to take one type of vaccine to be protected from COVID-19.

IF YOUR SHOT REQUIRES TWO DOSES – GET THEM:

If you get the Pfizer vaccine, you should get your second shot 21-42 days after your first shot. If you get the Moderna vaccine, you should get your second shot 28-42 days after your first shot. You need both doses to have the strongest protection from COVID-19. *(Even after the 42 days you can still safely get your second shot – scientists just don't know if it's as effective as getting the second dose on time.)*

THEY ARE ALL SAFE:

The vaccines were tested with tens of thousands of people to make sure they meet safety standards and that they protect people of different races, ethnicities, and age groups. Every study, every phase, and every trial was reviewed by the FDA and a vaccine safety group.


YOUR AGE COULD IMPACT WHAT VACCINE YOU CAN RECEIVE:

As of May 2021, the Pfizer vaccine is available for people age 12 and up. The Moderna and Johnson & Johnson vaccines are available for people age 18 and up.

NO VACCINE IS "BETTER" THAN THE OTHER:

All three vaccines are effective against COVID-19 and its variants. You may have seen reports that the Pfizer and Moderna shots are more effective – around 95 percent compared to 70 percent for the Johnson & Johnson. It's important to remember that the vaccines were studied at different times in the pandemic and with different COVID-19 variants, so it's difficult to compare them to each other to say if one is "better." Health experts encourage taking any vaccine that is easily available to you.

VISIT [ZOCDOC.COM/VACCINE](https://zocdoc.com/vaccine) OR CALL 312-746-4835 TO FIND YOUR VACCINE.



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Johnson & Johnson Fact Sheet

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**PROTECT
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LET'S TALK ABOUT...

THE JOHNSON & JOHNSON


VACCINE

Taking any of the three available vaccines is the best way to protect yourself, your family and your community from COVID-19. Here's what you need to know about the Johnson & Johnson (J&J) vaccine:



J&J IS SAFE	All vaccines that are being used in the United States are safe, including J&J. In April, the FDA and CDC took a break from giving the J&J vaccine while they investigated a rare type of blood clot. After looking at all of the data, they found only 15 cases of severe blood clots in almost 8 million people who received the J&J vaccine. Since these blood clots are so rare, it is safe to take a J&J vaccine, and the FDA and CDC recommended that we continue to give it to adults in Chicago.
IT'S EFFECTIVE	Like the other vaccines, J&J is extremely effective at preventing you from going to the hospital or dying from COVID-19. That's the most urgent, important goal. The J&J vaccine is effective against COVID-19 variants.
JUST A SINGLE DOSE	The J&J vaccine is taken in one dose, compared to two doses for the other vaccines. You are considered "fully vaccinated" two weeks after receiving your shot.
HOW IT WORKS	The J&J vaccine is a "vector vaccine" which means it uses a weakened virus to carry the instructions for making a COVID-19 protein into our cells. When our cells learn about the protein, it causes an immune response inside our bodies. Our immune system remembers how to recognize the protein so it can respond later on if we are exposed to COVID-19.
SIDE EFFECTS	Be prepared for some mild side effects from any COVID-19 vaccine, including J&J, like feeling tired, having a headache, or getting a fever. These side effects are normal signs that your body is building protection, and you should start to feel better after 1-3 days. While incredibly rare, anyone who has received the J&J vaccine who develops severe headache, abdominal pain, leg pain, or shortness of breath within three weeks after their vaccination should contact their health provider.

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5 Things to Know Flyer

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COVID-19 VACCINES

5 THINGS TO KNOW

**BENEFITS**

Getting vaccinated protects you from getting sick with COVID-19. It also reduces the spread of COVID-19 and protects those around you — your family, friends, and community!

**SAFETY**

All COVID-19 vaccines available in the United States are safe and very effective at preventing COVID-19 illness.

**NUMBER OF DOSES NEEDED**

The Johnson and Johnson COVID-19 vaccine requires one shot. The Pfizer-BioNTech and Moderna COVID-19 vaccines require two shots. For those vaccines, it is important to get both shots to gain the most protection. Make sure to make an appointment for your second shot! Whichever vaccine you get, they are all safe and very effective.

**COST AND AVAILABILITY**

The COVID-19 vaccine is free to everyone, regardless of insurance or immigration status. You cannot be denied a vaccine if you do not have insurance or government-issued ID.

**HOW TO GET THE VACCINE**

Talk to your doctor or visit www.Zocdoc.com/vaccine to find available vaccine appointments. You can also use the City's COVID-19 vaccine finder and locate other vaccine providers at chicago.gov/COVIDvax.




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What to Expect Before Flyer

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GETTING READY FOR YOUR COVID-19 VACCINE



BEFORE YOU GET THE VACCINE


- **Make your appointment** with your doctor or find additional vaccine options at chicago.gov/COVIDvax
- **Review your appointment confirmation email** for details for needed documentation and other requirements
- **Learn more about the vaccine** and how getting it helps you, your loved ones, and community
- **Know your allergy history** and talk to your doctor if you have concerns

THE DAY YOU GET THE VACCINE

- **Do not take any pain medicine** before your shot
- **Wear a mask and stay 6 feet away** from others while in any buildings and in lines
- **Save the vaccination card or printout** that tells you which vaccine you got, when you got it, and where you got it
- **Read the fact sheet** you get about your COVID-19 vaccine
- **Stay at the site for 15 minutes (or 30 minutes if you have a history of serious allergies)** so that the medical team can make sure you have no reactions
- **Make your appointment for your second shot if you got the Pfizer-BioNTech or Moderna vaccine**, usually 3-weeks or 1-month after the first shot if possible (If you got the Johnson & Johnson vaccine, you don't need to do anything else!)

AFTER YOU GET THE VACCINE

- **Be prepared for some side effects** from the vaccine like feeling tired, having a headache, or getting a fever. These side effects are normal signs that your body is building protection, and you should start to feel better after 1-3 days.
- **Register for v-safe** - a smartphone based tool from the CDC that checks in and helps track your experience with the vaccine. Sign up at vsafe.cdc.gov.




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What to Expect After Flyer

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WHAT YOU CAN EXPECT AFTER GETTING A COVID-19 VACCINE



CELEBRATE YOUR BODY BUILDING PROTECTION

Congratulate yourself on getting your COVID-19 vaccine! You might have some side effects over the next few days — this is a normal sign that your body is building protection.

The most common side effects are fever, chills, tiredness, or headache. You may also have some pain, redness or swelling where you got the shot in your arm. Know that even if you have no side effects, your body is still building protection against COVID-19.

REDUCE PAIN OR DISCOMFORT

The side effects may be unpleasant, but they are not dangerous. If you aren't feeling well:

- Consider taking over-the-counter medicine like ibuprofen, acetaminophen (tylenol), aspirin, or antihistamines for any pain and discomfort if you have no other medical reasons that prevent you from normally taking these medicines
- Apply a clean, cool, wet washcloth over the area where you got the shot
- Use or exercise your arm
- Drink plenty of fluids
- Wear loose clothing

If your side effects are worrying you or do not seem to be going away after a few days, contact your doctor. If you think you are having a severe reaction, call 911.

IF NEEDED, GET YOUR SECOND DOSE

If you get the Johnson & Johnson vaccine, you don't need to do anything else.

- You should get your second Pfizer-BioNTech shot 3 weeks (or 21 days) after your first shot
- You should get the Moderna shot 1 month (or 28 days) after your first shot

You should get your second shot as close to the time periods recommended above as possible. If you have to get it a little later than these times, it will still be effective. But don't get it any sooner than these times. Do not switch to a new brand of vaccine for the second shot.


STAY CONNECTED WITH V-SAFE

Register for v-safe - a smartphone based tool from the CDC that checks in on your experience with the vaccine. Sign up at vsafe.cdc.gov.

KEEP FOLLOWING PUBLIC HEALTH GUIDELINES

Stay 6ft apart from others.

- Wear a face covering
- Avoid crowds and gatherings
- Wash your hands often
- Stay home if feeling sick



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To Move Forward Poster

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Three Reasons Poster

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The poster features a red and orange color scheme. At the top left, it says "PROTECT CHICAGO" with a star icon. The main title "3 REASONS TO GET VACCINATED AGAINST COVID-19" is in large, bold, white letters. On the right, there is a photo of a smiling man with a young boy on his shoulders. The bottom section is divided into three columns, each with a large number (1, 2, 3) and a reason for getting vaccinated. The first reason is that vaccination protects you from getting infected or seriously ill. The second reason is that it protects your loved ones and your community. The third reason is that once you are fully vaccinated, you can start doing more activities safely, such as gathering indoors without masks with other people who are fully vaccinated. At the bottom, there is a link to find a vaccine at chicago.gov/COVIDvax. The CDPH logo is in the bottom left corner, and the text "Delete and add your logo here" is in a box. The date "APR 23 2021" is in the bottom left corner.

PROTECT CHICAGO ★

3 REASONS TO GET VACCINATED AGAINST COVID-19

1 COVID-19 vaccination protects you from getting infected or seriously ill from COVID-19.

2 Getting vaccinated also protects your loved ones and your community.

3 Once you are fully vaccinated, you can start doing more activities safely. For example, you can gather indoors without masks with other people who are fully vaccinated.

Find your vaccine at chicago.gov/COVIDvax.

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Find Your Vaccine Social Media

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PROTECT CHICAGO ★

GET VACCINATED TODAY TO PROTECT YOURSELF, YOUR LOVED ONES, AND YOUR COMMUNITY!

FIND YOUR VACCINE AT **zocdoc.com/vaccine** OR CALL 312.746.4835

- Anyone 12+ can get vaccinated against COVID-19, regardless of insurance and immigration status.
- Pfizer is the only vaccine approved for people ages 12 through 17.
- All vaccines are safe, effective, and offered at no cost.
- No appointments needed
- Under the City of Chicago Anti-Retaliation Ordinance, anyone who works in Chicago can use accrued paid sick leave or paid time off to get their COVID-19 vaccine.

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For more information, visit
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Why Get Vaccinated Social Media

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PROTECT CHICAGO ★

WHY GET VACCINATED

IT ALL STARTS WITH YOU

<p>BUILDING DEFENSES</p> <p>Building defenses against COVID-19 is a team effort. And you are a key part of that defense.</p>	<p>ENDING THE PANDEMIC</p> <p>Protect yourself, your coworkers, your patients, your family, and your community.</p>	<p>PROTECTING YOURSELF</p> <p>Help end the global pandemic. COVID-19 vaccination will prevent illness and hospitalizations from COVID-19.</p>
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[CHICAGO.GOV/COVIDVAX](https://chicago.gov/covidvax) [#PROTECTCHICAGO](https://twitter.com/PROTECTCHICAGO)

To Move Forward Social Media

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PROTECT CHICAGO

TO MOVE FORWARD

WE NEED TO USE ALL OF OUR TOOLS

Wearing a mask.

Staying 6 feet from others, and avoiding crowds and gatherings.

Washing hands often.

Getting vaccinated.

We've learned a lot over the last year. We know that these strategies work, and they give us the best chance of moving forward. For our families, our communities, our schools. For everyone.

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CHICAGO.GOV/COVIDVAX **#PROTECTCHICAGO**

“Toolbox Talks”

Click to download File

Use these scripts and key messages to educate, help answer questions about COVID-19 vaccines, encourage and support your network – staff, community group, etc. – in their decision to get vaccinated.



COVID-19 Vaccine information CDPH “Toolbox Talks” Scripts

Use these scripts and key messages to educate, help answer questions about COVID-19 vaccines, encourage and support your network – staff, community group, etc. – in their decision to get vaccinated. For additional resources, visit chicago.gov/COVIDvax.

TOPIC 1: THE BASICS

- While the COVID-19 pandemic has kept us apart, there is hope – vaccines are here. Taking the vaccine is the best way to protect yourself, your family and your community.
- There are three vaccines currently available— a single-dose vaccine from Johnson & Johnson, and the vaccines developed by Pfizer-BioNTech and Moderna both require two doses. All three vaccines are extremely effective at preventing hospitalization or death from COVID-19.
 - As of April, 2021, the Pfizer vaccine is available for people age 16 and up.
 - The Pfizer and Moderna vaccines are available for people age 18 and up.
 - You may have seen reports that the Pfizer and Moderna shots are more effective – around 95 percent compared to 70 percent for the Johnson & Johnson.
 - It’s important to remember that the vaccines were studied at different times in the pandemic and with different COVID-19 variants, so it’s difficult to compare them to each other to say if one is “better.”
 - All three vaccines are effective against COVID-19 variants.
 - As a comparison, studies have shown that the flu vaccine is between 40 and 60 percent effective among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.¹
 - It’s important to know that all three shots are safe, and highly effective – and health experts encourage taking any vaccine that is easily available to you.
- In April, the FDA and CDC took a break from giving the Johnson & Johnson vaccine while they investigated a rare type of blood clot. After looking at all of the data, they found only 15 cases of severe blood clots in almost 8 million people who received the J&J

¹ <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>

As of March 5, 2021

Vaccine Sticker

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For additional information and resources, please visit
chicago.gov/covidcax