COVID-19 vaccines are safe and effective

COVID-19 vaccines are made like other vaccines and no safety steps were skipped in the process. All COVID-19 vaccines were studied with tens of thousands of volunteers of different ages, races, ethnicities, and medical histories to make sure they are safe and work. More than 580 million COVID-19 vaccine doses have been given safely to people in the United States, and all vaccines continue to be monitored to see how they are working and for side effects.

Federal funding allowed medical researchers to quickly transition from vaccine development and testing to being able to make large amounts of vaccine. This process ensured that the vaccines were ready to distribute as soon as they were shown to be safe and effective.

Vaccine researchers collected the necessary data to show the vaccines work and are safe for people from many different communities and backgrounds. In addition, COVID-19 vaccines are recommended for people who are pregnant or breastfeeding, or who recently had a baby. Evidence continues to build showing it is safe to get vaccinated while pregnant or breastfeeding. There is no evidence that any of the COVID-19 vaccines affect future fertility, so people who want to have a baby someday should get vaccinated as well.

Four vaccines are available in the United States: Pfizer, Moderna, Johnson & Johnson, and Novavax. The COVID-19 vaccines offered in correctional facilities are the same vaccines given in the community. Pfizer, Moderna and Novavax are recommended. The Johnson & Johnson vaccine may still be an option for some people. You can ask what vaccine your facility is using.

COVID-19 vaccines protect against COVID-19 disease.

Like other vaccines, COVID-19 vaccines help people build up protection against the virus without them having to get the virus. COVID-19 vaccines can prevent infection and are also very effective at protecting vaccinated people against serious illness, hospitalization, or death if they do get infected. New COVID-19 variants, such as Omicron, have emerged. Experts believe available COVID-19 vaccine still offers protection against the Omicron variant.
Two of the COVID-19 vaccines, Pfizer and Moderna, are called mRNA vaccines. The mRNA (messenger RNA) in these vaccines is genetic material that gives the body instructions to recognize and fight the virus that causes COVID-19 disease. The mRNA COVID-19 vaccines do not and cannot change your genetic makeup (DNA). Another COVID-19 vaccine, Johnson & Johnson, uses a harmless strain of a common cold virus to help the body recognize and fight the virus that causes COVID-19 disease. Another vaccine, Novavax, is a protein vaccine that uses copies of the spike protein from the virus that causes COVID-19 to teach your immune system how to recognize and fight the virus. Protein vaccines have been used for more than 30 years in the United States. No COVID-19 virus is in any of the vaccines, and the vaccines cannot infect a person with COVID-19. COVID-19 vaccines do not contain microchips, fetal tissue, pork products, eggs, or preservatives.

What if I already had COVID-19?

Even if someone has already had COVID-19, they can get sick again. People who have had COVID-19 should get vaccinated, because COVID-19 vaccines will improve their protection.

Vaccine doses

Primary vaccine series

Most COVID-19 vaccines require two doses to work best. This is called a primary vaccine series. Two doses are needed for the mRNA Pfizer, Moderna, and Novavax COVID-19 vaccines. The time between doses depends on which vaccine someone is getting. The Johnson & Johnson vaccine is a one-dose vaccine.

Every person who gets vaccinated will receive a vaccine card after their first dose that says what vaccine product they got and when they got it. The medical provider who gave the vaccine will enter this information into Minnesota’s immunization information system. This information helps the next medical provider know what vaccine was given and when before they give someone any additional vaccine. Information entered in the immunization system is private health data. Only people with authorized access can use this system.

Someone should get vaccinated even if they will be released or moving to another facility before they are due for the next dose of COVID-19 vaccine. Plenty of vaccine is available for people in correctional facilities and out in the community, so getting the next dose is not going to be a problem. For more information about community vaccine options, go to COVID-19 Vaccinations (mn.gov/vaccine) and click “Find My Vaccine,” or call 1-833-431-2053 to find places with COVID-19 vaccine.

After the primary series of COVID-19 vaccines, it takes about two weeks for the body to build up protection. After those two weeks, a fully vaccinated person has good protection against COVID-19.

Bivalent booster doses

COVID-19 vaccines continue to work very well at reducing the risk of severe illness, hospitalization, and death, but data suggest that protection against COVID-19 infection becomes less over time. A booster shot is given when protection from the original vaccination begins to decrease. This additional dose of vaccine can help get protection back up to a higher level. The updated (bivalent) boosters also help protect against newer versions (variants) of the COVID-19 virus that are currently spreading, specifically the BA.4 and BA.5 Omicron variants.

People who have recently had COVID-19 can get vaccinated after you have completed your isolation period and are feeling better. People may consider waiting until 3 months to get vaccinated because they may have some protection after being infected with COVID-19, but that protection decreases quickly over time. Certain factors, such as personal risk of severe disease, local COVID-19 community level, and the most common COVID-19 variant currently causing illness, could be reasons to get a vaccine sooner rather than later. A health care provider can help you determine what COVID-19 vaccine doses you need and when you are up to date.
People who are moderately or severely immunocompromised

Some people may not have good protection from their primary COVID-19 vaccine series because of a weakened immune system, which may be caused by an illness or related treatment. An extra dose as part of their primary series, and a booster dose, can improve protection for these people.

People that are considered moderately or severely immunocompromised include those:

- Receiving cancer treatment
- Taking medicine that suppresses the immune response
- With advanced HIV infection

If someone has an immunocompromising condition, they should talk to a medical provider about their medical condition and when to get an additional dose and booster dose.

SIDE EFFECTS

Some side effects are common after vaccination. Side effects mean that the body is responding to the vaccine, but it is also OK if someone has no side effects at all. You may have:

- A sore arm
- Muscle aches
- Tiredness
- Headache
- Fever/chills

Serious side effects are rare. Notify medical staff if side effects get worse.