



# COVID-19 Vaccine Information

From the Centers for Disease Control and Oregon Youth Authority  
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## What is the vaccine and what does it do?

Two drug companies have made vaccines to help protect people against getting sick from COVID-19. The companies are Moderna and Pfizer.

The companies did a lot of tests to make sure the vaccines were safe and that they work. The vaccines were effective about 95% of the time at keeping people from getting sick with COVID-19.

It's still possible you could get the virus even if you get the vaccine. But if you do get the virus, the

vaccine keeps you from getting really sick. This is important because a lot of people in the community of all ages, races, genders, and backgrounds are getting very sick from the virus. Thousands of people have died.

You have to get two doses of the vaccine in order to be fully protect yourself from the virus. That means you would get one shot, and then you would get a second shot a few weeks later.

## Who can get the vaccine?

If you are 16 or older, and you haven't had major allergic reactions to other vaccines, you can get the COVID-19 vaccine.

The vaccines have not been tested on anyone younger than 16, so people younger than 16 are not able to get them yet.

Vaccines will be available very soon for the youth who live in OYA correctional facilities, transition facilities, and residential programs. We'll let you know if you're able to get one and when that can happen.



## Will it make me sick with COVID-19? Are there side effects?

No, you will not get COVID-19 if you get the vaccine. None of the vaccines being used right now have live COVID-19 virus in them.

Some people have side effects, but not everyone. The

most common side effects are tiredness, muscle aches, and headaches. A lot of people have a sore arm. Usually, these effects only last a few days. Some people have no effects at all.

## Is the vaccine safe?

Both vaccines were tested on between 30,000 and 60,000 volunteers to make sure they were safe and that they worked.

The volunteers included healthy people and those who are at a higher risk of getting COVID-19. They also included people of different races, genders, and ages. None of these volunteers had serious side effects.

## I already had COVID-19. Should I still get the vaccine?

Yes, it would be a good idea. It's still possible you could get COVID-19 again. Scientists don't know yet how long you are protected from getting the virus

again after you have gotten better. We do know that the vaccine will definitely protect you from getting sick again.

## What if I don't want to get the vaccine? What if my family doesn't want me to?

It's your decision about whether you get it or not. No one will be forcing you to do it. It's a good idea to talk about the decision with your family or other adults who you trust.

However, the decision is yours. Anyone in Oregon age 15 or older is able to make their own decisions about medical procedures, and parent permission is not required.

## If I get the vaccine, can I stop wearing masks? Can I start gathering with others?

No. We know that the vaccine will keep you from getting sick. But we don't know yet if it keeps people from giving the virus to each other.

That means there's still a chance you could have the virus and then make other people sick, even if you have had the vaccine. Masks and staying distant from others are still very important.

## Maybe I should just take my chances with getting COVID-19.

That is an option. However, it's not one that doctors recommend. Getting the vaccine is a much safer way to protect yourself.

There is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.

COVID-19 can have very serious health effects, and thousands of people have died from it. This includes people of all ages, genders, races, and backgrounds.

It's much safer to get the vaccine than to take your chances on getting the virus.

## Why Did You Get the Vaccine?

"I was nervous about getting this vaccine, because of the historical harms done to Black people in the name of medicine. What helped was listening to a number of medical doctors from the Black community, people who looked like me, who were sharing information that made sense to me. That started with our own Dr. Marcia Adams, OYA's medical director. They helped me trust that I could make an informed decision on the vaccine that was in the best interest of my family. I ultimately got the vaccine to be safe and to be able to re-engage with staff and youth in our facilities in person."



**Nakeia Daniels, Oregon Youth Authority, Deputy Director**

"I work in OYA facilities with youth and staff. In my household, I have small children up to the elderly. It's my responsibility to protect myself and protect other people."

**Leslie Riggs, member of the Confederated Tribes of Grand Ronde and OYA's Tribal Liaison**



"Literally, this is about saving lives. I trust the scientists. And it is the scientists who created and approved this vaccine. So I urge everyone: When it is your turn, get vaccinated. It's about saving your life, the life of your family members, and the life of your community."

**Kamala Harris, U.S. vice president**

