



# The COVID-19 Vaccine

## Information for Latino Youth and Families

From Oregon Youth Authority Communications Office and the Office of Inclusion and Intercultural Relations

We know that some of you may not trust the vaccine. That is understandable, especially given the history of the U.S. government causing medical harm to people of color.

Here is some information and perspectives from others in the Latino community to help you make your own choice about whether to get the vaccine.

**One thing to remember is that it is your choice. This information is only meant to inform you as you decide what's best for you.**

### Is the Vaccine Safe?

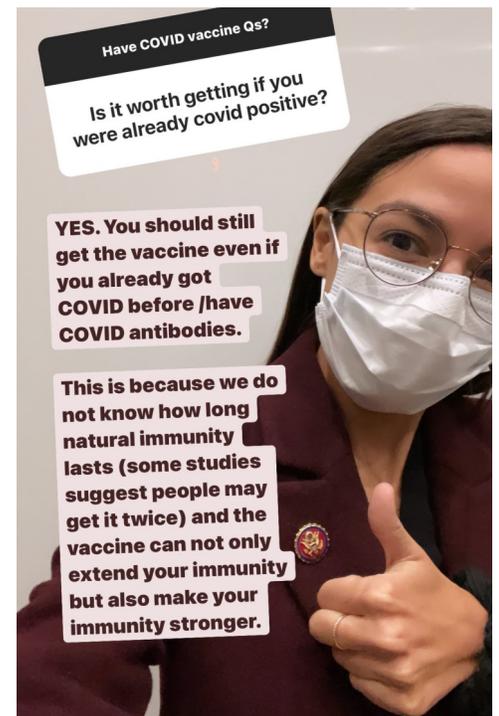
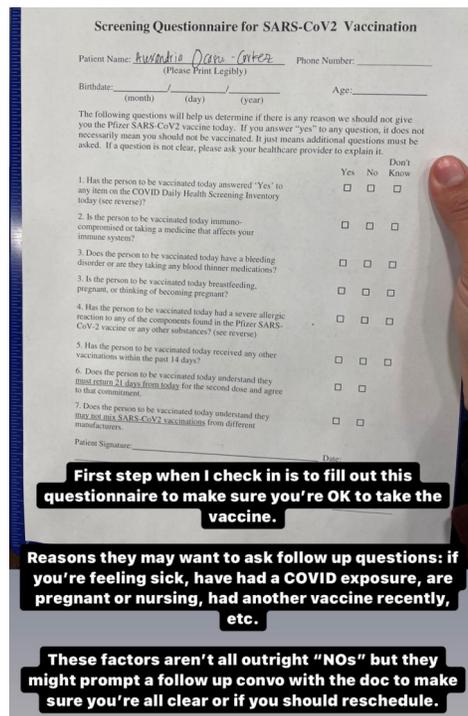
Both vaccines currently being used were tested on between 30,000 and 60,000 volunteers to make sure they were safe and that they worked. The volunteers included healthy people and those who are at a higher risk of getting COVID-19. They also included people of different races, genders, and ages. None of these volunteers had serious side effects. The vaccine was effective about 95% of the time at keeping them from getting sick with COVID-19.

### Will the Vaccine Make Me Sick?

You might have minor side effects from the vaccine, but it will not give you COVID-19. The most common side effects are tiredness, muscle aches, and headaches. Usually, these only last a few days. Some people have no side effects at all.

## What's it like to get the vaccine?

U.S. Representative Alexandria Ocasio-Cortez shared her experience on Twitter and Instagram. She said about half of people who get the shot have a sore arm after, but she said, "I don't feel any soreness personally!"



# Why Did You Get the COVID-19 Vaccine?

## **Javier Meza-Perfecto, OYA Office of Inclusion and Intercultural Relations**

"I work along with a team of doctors for the tattoo removal program and they all decided to get the COVID-19 vaccine. Then I thought, if those who know about vaccines are taking it, I should follow them, and I did. I felt nothing after the first dose and just a light headache after the second shot."



## **Rolando Contreras, Skills Development Coordinator (SDC) at MacLaren**

*Rolando is also a basketball coach at Woodburn High School. He said almost all of the basketball coaching staff there, who are all Latino, already got the vaccine.*



"When I was a kid, we didn't go to the doctor because it cost a lot of money. When we got hurt, we got in trouble, or we'd use Grandma's remedies to take care of it. My first reaction about the vaccine was not to do it, and not to trust what people said about it. But then I was thinking, 'I've taken shots for the flu and tetanus and other things, so why not this one?' At the end of the day, I decided to take it because I saw a lot of other people doing it and that made me feel safer. I also figured I've eaten junk food that probably has more weird chemicals in it than was in that shot. And I've had friends who had COVID, and they said it kicked their butts. Some of them are still sick. I would rather do the shot now than find myself later wishing I had done it."



*Lorena Perez, a health care worker, gets the vaccine in Chicago.*

## **Why the Vaccine is Important**

Latino, Black, and Indigenous people are getting COVID-19 way more often than white people. Also, they are having much more severe illness and many more deaths.

This is happening partly because of a history of racism that has made it harder for many Latinos to get good health care or to follow COVID safety guidelines. Many Latinos, including farmworkers, have had to continue working on the front lines during the pandemic.

Many Latinos also have medical conditions that put them at higher risk of getting COVID, including asthma or diabetes.

It's impossible to know how sick you or your family might be if you get COVID-19. Getting the vaccine is a safer choice than taking your chances with getting the virus.

## **Why are nurses collecting information from people who get the shot?**

When you go get the vaccine, you will fill out a form that asks for your name, date of birth, and information about whether you have had allergic reactions to vaccines in the past.

This information goes into something called the ALERT Immunization Information System. This is an electronic Oregon registry that keeps track of which shots you have gotten and where you got them. This helps medical clinics keep track of the information for you, so that you don't have to keep your own records or try to remember all the shots you have received.

The information in ALERT is protected by privacy laws and the only people who can get the information are you, medical clinics, and schools (so they can know which vaccines you have received).

In addition, Oregon and the federal government are keeping track of information on how many people are getting the COVID-19 vaccines. But this is only to help them as they create more plans to fight the pandemic. They do not use the information for anything else.

Many states are making sure that the data they give to the federal government about COVID-19 vaccines does not identify the people who got them.