

COVID-19 Vaccine Social Posts

Instagram, Facebook, Twitter
January 1, 2021 - March 16, 2021

Side Effects Social Posts

- Facebook/Instagram
 - The COVID-19 vaccine has been rigorously tested to be safe and effective. As with any vaccine, you may have mild side effects, like a fever or sore arm. These are common and completely normal. These types of mild side effects mean the vaccine is working. Your body is simply responding and starting to build immunity.
- Twitter
 - Common side effects from a vaccine are usually nothing to worry about. During clinical trials, side effects from COVID-19 vaccines were mostly mild and moderate, like a fever, headache, sore arm, or fatigue. Serious allergic reactions to the vaccine are possible, but they're very rare.
 - Mild side effects from the COVID-19 vaccine are normal. The most important thing to remember is that the benefits of being vaccinated outweigh the risks of getting COVID-19.
 - Common side effects from vaccines are usually nothing to worry about. During clinical trials, side effects from the vaccines were mostly mild and moderate, like a fever, headache, sore arm, or fatigue. Serious allergic reactions to the vaccine are possible, but they're very rare.
 - You should expect side effects (like a sore arm or feeling tired) after receiving the COVID-19 vaccine, especially after the 2nd dose. THIS IS NORMAL. These reactions are mild and should go away within a few days.
- All platforms
 - You may be concerned about possible side effects from COVID-19 vaccines. Side effects are common and normal. This is a sign your body is building protection against the virus. People who did get side effects after getting vaccinated for COVID-19, mostly got mild or moderate ones, like a fever or headache.
 - If you have mild or moderate side effects after you get the COVID-19 vaccine, like a sore arm, redness around the injection site, or a fever, it's normal. Your body is simply building immunity to the virus. Common side effects only last a few days.
 - Mild side effects from vaccines are common, like a fever, sore arm, or redness where you got the shot. It's important to remember the benefits of getting the vaccine outweigh the risks of becoming infected with the virus.
 - COVID-19 clinical trials found mild to moderate symptoms were pretty common within the first 7 days of getting the vaccine. Examples of mild to moderate symptoms are a fever, sore arm, or a headache. Most people had symptoms within the first 2 days after vaccination, and they usually only lasted a day.
 - Talk to your doctor if you are worried about any side effects after you get the vaccine. Your doctor can help you report anything of concern to the CDC. You



can also call the COVID-19 Hotline at 1-800-456-7707 if you have questions about side effects.

- Serious allergic reactions after getting the COVID-19 vaccine are rare. Talk to your doctor before getting vaccinated if you have had a serious allergic reaction to another vaccine, or if you are allergic to one of the ingredients in the vaccine.
- Mild to moderate symptoms usually occurred after the 2nd dose rather than the 1st. This is because the vaccine takes 2 shots to give you the most protection, so it makes sense that your body would be learning how to fight the disease more aggressively after the 2nd shot than the first.

mRNA

- All Platforms
 - Did you know that the “m” in mRNA stands for messenger? An mRNA vaccine teaches your cells how to make a protein, which then triggers your immune system to make antibodies. These antibodies protect you against the virus if you are infected.
 - Instead of injecting a strain of the virus into your body, an mRNA vaccine teaches your immune system to create the antibodies it needs to fight the COVID-19 virus. Vaccination is the safest way to reduce the spread of the virus. Clinical data shows mRNA vaccines are safe and effective.
 - The vaccine distribution process comes straight from healthcare professionals, who are vaccine distribution experts. They understand who needs to get the vaccine first during a pandemic, to slow the spread of the disease and keep people out of the hospital.
 - COVID-19 mRNA vaccines are not live viruses, so it’s impossible for you to get COVID-19 from the vaccine. Some people do get side effects from vaccines, like a fever or sore arm. This is normal. But you can’t get COVID-19 from the vaccine.
 - COVID-19 vaccines DO NOT change your DNA. mRNA is not the same as DNA. The mRNA vaccines don’t combine with your DNA. They can’t change your genetic code. In fact, the mRNA begins to break down within 72 hours and then leave your body completely.
- Twitter
 - mRNA vaccines may be new, but scientists have been studying them for a long time. They are completely safe. They’ve been thoroughly tested and reviewed by the FDA and the CDC. They’ve been proven safe and effective to protect you from COVID-19.
 - The COVID-19 pandemic brings new challenges for everyone involved. Your community is doing everything they can to protect and vaccinate your community.
- Facebook/Instagram
 - There is a lot of information out there about COVID-19 and the newly developed vaccine. Even though mRNA vaccines are new, scientists have been researching and working with them for decades. Vaccines can help us get back to our way of life quicker.
 - There is a limited supply of COVID-19 vaccines right now. This means those who are most at-risk of catching the virus or suffering from severe illness will get vaccinated first, like healthcare workers, K-12 school staff, and those age 70 and older. More people will be vaccinated as soon as we get more vaccines. Our



goal is to have everyone vaccinated as quickly as possible so we can get back to normal.

7 Facts About the Vaccine

Facebook and Instagram

- COVID-19 vaccines don't contain any part of the virus, so it can't cause you to get COVID-19. COVID-19 vaccines protect you from the virus. You may get side effects after you get vaccinated, like a sore arm or fever. These are normal and common.
- No steps were skipped developing COVID-19 vaccines. Scientists around the world have been working on this technology for more than a decade. This is why it was possible to make a safe and effective vaccine available very quickly.
- COVID-19 vaccines may protect you against more than one strain of the virus. Viruses change, or develop small mutations, over time. Data shows COVID-19 vaccines are effective against the strains we've seen so far of the virus that causes COVID-19.
- COVID-19 vaccines are mRNA vaccines and don't interact with your DNA in any way. They trigger an immune response that creates antibodies to protect you from getting infected with COVID-19.
- COVID-19 hasn't caused infertility in women who've had the virus, so there's no reason to think the vaccine would cause it. No other vaccine has ever been found to increase any risks for unborn or breastfed babies, or for pregnancies. There was some information spread online that was not true; saying that the protein in the vaccine attacks a protein in the placenta. This is not true. The small number of amino acids in the two proteins would not cause that effect. COVID-19 vaccines haven't been tested in pregnant women, but pregnant women do get vaccinated for other illnesses during pregnancy. Pregnant women have an increased risk for severe illness from COVID-19 and there is a chance you could give COVID-19 to your baby after he or she is born. Talk to your doctor to see if you should get vaccinated.
- Misinformation that COVID-19 vaccines contain microchips or tracking devices has been proven false. We know exactly what is in each vaccine. The list of ingredients in each vaccine can be found at <https://coronavirus.utah.gov/vaccine-information/#mrna>.
- If you have a chronic disease, like diabetes, you are at higher risk of severe illness from COVID-19. COVID-19 vaccines are safe and effective for people with chronic diseases or conditions.

Twitter

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- COVID-19 vaccines have NOT been linked to infertility or miscarriage. The proteins in the vaccine DO NOT attack the placenta. Pregnant women have an increased risk for severe illness from COVID-19. Talk to your doctor to see if you should get vaccinated.
- Misinformation that COVID-19 vaccines contain microchips or tracking devices has been proven false. We know exactly what is in each vaccine. The list of ingredients in each vaccine can be found at coronavirus.utah.gov/vaccine-inform...
- People with chronic diseases or conditions should get vaccinated as soon as it is your turn to get the vaccine. COVID-19 vaccines are safe and effective for people with chronic diseases or conditions.

Vaccine Safety

Instagram & Facebook

- How can we be sure these vaccines are safe, given how quickly the vaccines are being developed and submitted for approval by the FDA? The U.S. national vaccine safety system ensures that all vaccines are as safe as possible, and because vaccines are given to millions of healthy people to prevent serious diseases, they're held to very high safety standards. COVID-19 vaccines are undergoing a rigorous development process that includes vaccinating tens of thousands of people who participate in a study to generate the needed clinical data. These clinical trials generate scientific data for the FDA to determine the safety and efficacy of each vaccine. It's worth noting that the clinical studies to establish the safety and efficacy of the COVID-19 vaccines were as big and thorough as recent studies for other licensed vaccines (like for shingles).
- ZERO steps have been skipped in the development of the COVID-19 vaccine. All vaccines are monitored by the FDA from the beginning, and long after it's been distributed. The vaccine is safe and effective.
- Mild side effects from the COVID-19 vaccine are normal. From our newest blog post: "During the development of the COVID-19 vaccines, safety was the top priority. No steps were skipped, and the vaccines were rigorously tested. Clinical trials for COVID-19 vaccines didn't find any specific safety concerns for any one group of people. This means the vaccine is safe for people of all of the ages that were studied, and for any race, ethnicity, those who have underlying medical conditions, and people who have already been infected with the virus that causes COVID-19. And while side effects are possible, the most important thing to remember is that the benefits of getting vaccinated outweigh the risks of getting COVID-19."
- Since the COVID-19 vaccine was authorized in December 2020, safety monitoring systems for the vaccine have been the most intense and comprehensive in United States history. The CDC recently released a study of the side effects reported to the Vaccine Adverse Events Reporting System (VAERS) and did NOT find evidence of unexpected reporting patterns or safety concerns. Nearly 91% of the 7,000 reports in VAERS were normal reactions to the vaccine and not serious. Reports of severe allergic reactions were extremely rare and no deaths were caused by the vaccine. These vaccines are safe to be administered and distributed.

Twitter

- ZERO steps have been skipped in the development of the COVID-19 vaccine. All vaccines are monitored by the FDA from the beginning, and long after it's been distributed. The vaccine is safe and effective.
- The COVID-19 vaccine has been rigorously tested to be safe and effective. The FDA is continuously monitoring the vaccine for safety. Emergency Use Authorizations do not



mean skipped steps. The vaccine has been released because the benefits of being vaccinated outweigh the risks.

- Since the vaccines were authorized, safety monitoring systems for the vaccine have been the most comprehensive in United States history. A recent CDC report did NOT find any safety concerns w/ the vaccines. The vaccines are safe to be administered.

Vaccine + Healthy Behaviors

Instagram & Facebook

- It's been a long time since we've been less than 6 feet from each other. Thanks to the miraculous vaccine, we get closer to being able to be closer, every single day. We're almost there. Keep staying 6 feet apart and staying safe. We got this.
- News of the COVID-19 vaccine is exciting! But we can't forget to continue to follow other safety precautions while we wait for everyone to be vaccinated. So let's continue to wear masks, wash our hands frequently, physical distance and stay home when we're sick or if we've been exposed. Following these important guidelines will improve the livelihood of our communities, while keeping us safe, and help us get back to normal.
- COVID-19 vaccines are extremely effective. They have a 95% efficacy rate of protecting you from the virus. Until medical experts see in real life conditions whether or not you can still spread the virus to other people after you've been vaccinated, it's important to continue using all the tools available to us to help stop this pandemic: wear a mask, stay 6 feet apart from people who don't live in your home, wash your hands often, and stay home when you're sick. Once most people are vaccinated, life can start getting back to normal.
- Once you are vaccinated, you should continue to wash your hands and stay home if you're feeling sick. These are good, general healthy habits that we should all continue to implement into our daily lives (regardless if we're dealing with COVID or not). Continuing these practices will help reduce spread of disease and sickness and help us all feel better.

Twitter

- News of the COVID-19 vaccine is exciting! But we can't forget to wear masks, wash our hands frequently, physical distance and stay home when we're sick or if we've been exposed. Following these guidelines will improve the livelihood of our communities, while keeping us safe.
- Yes. Vaccines are effective. However, until most people are vaccinated you should still wear a mask, stay 6 feet apart from people who don't live in your home, wash your hands often, and stay home when you're sick.

Quarantine and Isolation + COVID-19 Vaccine

Instagram & Facebook

- Some COVID-19 vaccines require 2 shots to fully protect you from the virus. Depending on where you're at in the vaccination process, you should check the guidelines for quarantine and isolation. We've created a summary here: <https://coronavirus.utah.gov/protect-yourself/>.
- The CDC announced that individuals who have been fully vaccinated against COVID-19 can refrain from quarantine and testing if they do not have symptoms of COVID-19 after being in contact with someone who has COVID-19. Vaccinated individuals should still continue to use the same caution in public spaces by wearing a mask, maintaining good hygiene, and maintaining physical distance. Read more about this update at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>.



- The [@CDCgov](#) announced some new guidance concerning those who are fully vaccinated against COVID-19. If you have been fully vaccinated you are now safe to do the following activities:
 - Visit with other fully vaccinated people indoors WITHOUT wearing masks or staying 6 feet apart
 - Visit with unvaccinated people from one other household, indoors, without wearing masks, or staying 6 feet apart - if everyone in the other household is at low risk for severe disease.

Twitter

- COVID vaccines protect you from getting COVID-19. We don't know yet if they prevent you from spreading the virus to others. You still may be able to catch the virus, and if you do, you may need to quarantine/isolate.
- 2 weeks after your 2nd dose of the vaccine, you are immune and don't have to quarantine, even if you're exposed to someone who tests positive. You should still wear a mask and take precautions to prevent the spread of COVID.

Vaccine Distribution Updates

Instagram & Facebook

- There are new strains of COVID-19 going around, but as long as you're continuing to follow the same rules we've had since last March (like wearing a mask, washing your hands, remaining socially distanced, and staying home if you're sick), you'll get through this, too.
- COVID-19 vaccines are now available at many local pharmacies, for people who are eligible to receive it. Visit <https://coronavirus.utah.gov/vaccine-distribution/#local-pharmacies> to find a pharmacy near you.
- Get the COVID-19 vaccine and get one step closer to helping end the pandemic! People who are eligible for the vaccine, in and near Utah County, are welcome to register: <http://GetMyShot.Utah.gov>
- Right now, those 65+, those 16+ with certain medical conditions, K-12 teachers and staff, healthcare workers, first responders, and long-term care facility staff and residents, are eligible for the COVID-19 vaccine.
- Click, register, and get the COVID-19 vaccine! If you're eligible for the shot now, Nomi Health has doses available in and near Utah County. Sign up here: <http://GetMyShot.Utah.gov>
- Anyone who qualifies for the COVID-19 vaccine, may get the vaccine anywhere in the state of Utah. You do not have to exclusively get the vaccine at your local health department. Find a vaccination location at the link in our bio.
- Anyone 16 years and older with certain medical conditions are eligible to receive the COVID-19 vaccine. 16 and 17 year olds may only receive the Pfizer vaccination at this time. Learn which medical conditions qualify for the vaccine at the link in our bio.
- Several groups of people are now eligible for the COVID-19 vaccination. More individuals will be able to get the vaccine in the near future. See if you qualify for the vaccine right now by visiting <https://coronavirus.utah.gov/vaccine-distribution/#eligibility>

Twitter

- COVID-19 vaccines are now available at many local pharmacies, for people who are eligible to receive it. Visit our website to find a pharmacy near you: coronavirus.utah.gov/vaccine-dist
- Can't find a #COVID19 vaccine? Our partners at Nomi Health have you covered. They have doses available NOW at their clinics in SL and Utah counties and will accept eligible residents from anywhere in #Utah. Find an appointment at getmyshot.utah.gov.



- Anyone who qualifies for the COVID-19 vaccine, may get the vaccine anywhere in the state of Utah. You do not have to exclusively get the vaccine at your local health department. Find a vaccination location at coronavirus.utah.gov/vaccine-distributors.
- Anyone 16 years and older with certain medical conditions are eligible to receive the COVID-19 vaccine. 16 and 17 year olds may only receive the Pfizer vaccination at this time. Learn which medical conditions qualify for the vaccine at coronavirus.utah.gov/vaccine-distributors.
- Several groups of people are now eligible for the COVID-19 vaccination. More individuals will be able to get the vaccine in the near future. See if you qualify for the vaccine right now by visiting coronavirus.utah.gov/vaccine-distributors.
- One of the important links on that page is <http://VaccineFinder.org>. This is a CDC resource and is a great central clearinghouse for all vaccines available in Utah. You can search by the type of vaccine and by your location to find available vaccines near you.

New Strain

Instagram & Facebook

- “We fully anticipated we would find this strain in Utah. We know this strain is more transmissible than previous COVID-19 variants, and our hospitals continue to operate near or over capacity. So now more than ever, Utah residents need to wear masks, practice physical distancing, and avoid large gatherings.” Dr. Angela Dunn, state epidemiologist
- There are new strains of COVID-19 going around, but as long as you’re continuing to follow the same rules we’ve had since last March (like wearing a mask, washing your hands, remaining socially distanced, and staying home if you’re sick), you’ll get through this, too.

Twitter

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General Vaccine

Instagram and Facebook

- The [@CDCgov](https://twitter.com/CDCgov) shared recommendations on activities that are safe for people who are vaccinated against COVID-19. The new guidance—based on the latest science—recommends how and when a fully vaccinated person can visit with others who are vaccinated and with people who are not. This guidance is a first step toward returning to everyday activities in our communities.
- Why get vaccinated for a disease that has a 99.7% survival rate?
 - 1. Not everyone has a 99.7% survival rate, and if you do survive, the long term effects are terrible.
 - 2. The vaccine is safe. Do yourself a favor and protect yourself.
Vaccine locations at: <https://coronavirus.utah.gov/vaccine-distribution/>
- The [@CDCgov](https://twitter.com/CDCgov) shared recommendations on activities that are safe for people who are vaccinated against COVID-19, including how and when a fully vaccinated person can visit with others. <https://bit.ly/3v59EoR>
- When can I stop wearing a mask? You can stop wearing a mask in public when everyone is vaccinated or we’ve reached herd immunity. We are getting closer every



single day! Read more about herd immunity and vaccine distribution progress at <https://coronavirus.utah.gov/vaccine-distribution/...>

