



Your guide to the COVID-19 vaccine

(COVID shot)



1

Thinking about getting the vaccine

Many people aren't sure if they want a COVID-19 vaccine (shot). You might have questions about side effects. Maybe you've heard rumors about the shot. Or, maybe you just want to wait and see how it goes for other people. Here are some facts that may help you decide. If you still aren't sure, we are here to help. Talk to your health care provider to get information you can trust. Read more and listen to our providers talk about why they got the shot at www.ohsu.edu/VaccineConcerns



Facts about the vaccine

- Vaccines are safe. They were tested in tens of thousands of people, including people of different races and ethnicities.
- Vaccines are free. You won't pay any money for a vaccine.
- Vaccines are very good at keeping people from going to the hospital or dying because of COVID-19.
- Side effects are usually mild and last only 1-2 days.
- Vaccines CANNOT track you, change your DNA, hurt your chance of having babies or give you COVID-19.
- Getting a vaccine is important since some at-risk communities have been hit hard by COVID-19.
- Vaccines contain NO fetal tissue or fetal cells.
- The vaccine takes time to work in your body and protect you. You can expect to be fully protected two weeks after your last shot.

2

Make an appointment with OHSU

We recommend getting the shot any place you can. At OHSU there are 3 ways to get your shot:



OHSU patients can call their OHSU clinic with questions or to schedule an appointment at an OHSU vaccine clinic.



Call the OHSU COVID-19 Hotline, weekdays from 8:00 a.m. to 5:00 p.m.
833-647-8222



Visit the OHSU vaccine webpage at www.ohsu.edu/vaccine (in English only).

Do I need to get a 2nd shot?

You need 2 doses of the Pfizer or Moderna vaccine, about 3–4 weeks apart. When you get your 1st shot, staff at the vaccination site will help you schedule your 2nd shot.

If you miss your second dose, call 833-647-8222 for help rescheduling your appointment.

If you get the Johnson & Johnson vaccine, you only need 1 dose.

3

Getting ready for the day of your vaccine

What if I need help getting to my appointment?

→ If you are enrolled in the Oregon Health Plan, call:

Ride to Care (Health Share of Oregon members):
503-416-3955 or 855-321-4899

MTM (Trillium members): 877-583-1552

Tri-County MedLink (Oregon Health Plan
Fee for Service members): 800-889-8726

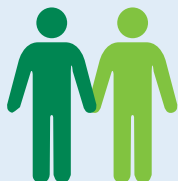
→ If you do not have Medicaid and need help with transportation, call:

Ride Connection (weekdays, older adults and people with disabilities
in Multnomah, Washington and Clackamas counties): 503-226-0700

TriMet LIFT (people unable to use regular buses and trains
because of disability; enroll before scheduling): 503-962-8000

One Call (Providence Medicare members): 866-733-8994

Transportation usually needs to be arranged at least two days before your appointment. If you need help, try to call as soon as possible to schedule a ride.



Can I bring someone with me?

Yes, you can bring an adult friend or family member with you for support. They cannot get a vaccine unless they also have an appointment.

What should I bring to my appointment?



A mask to wear.



If you have health insurance, please bring your insurance card with you. The vaccine is free to you, but we will bill your insurance for some fees they will pay. You will not owe any money.



Wear a short-sleeve shirt or something that makes it easy to get the vaccine in your arm.



If this is your 2nd dose, bring the vaccine card that you got at your 1st appointment.



Any snacks or water you might need to stay comfortable.

What will happen when I get there?

- 1 Someone will greet you.
- 2 Let us know if you need help because of a disability or if you need information in a language other than English.
- 3 Check in.
- 4 Get your shot in your upper arm.
- 5 You'll be asked to wait 15-30 minutes to make sure you don't have a bad reaction.

4

After your vaccine



How will I feel?

You may have a sore arm. Some people get mild to moderate side effects, such as fever, chills, muscle aches and feeling tired. You can feel better by resting, drinking water, Gatorade, or other fluids and taking taking Tylenol (acetaminophen) or Advil/Motrin (ibuprofen).



What if I have questions?

We are here to help. Your health care provider wants you to ask questions, no matter how big or small. We will support you as you make your decision.

If you do not have a primary care provider and you have questions about vaccines, you can call the OHSU COVID-19 Hotline at 833-647-8222, weekdays, 8 a.m. to 5 p.m.