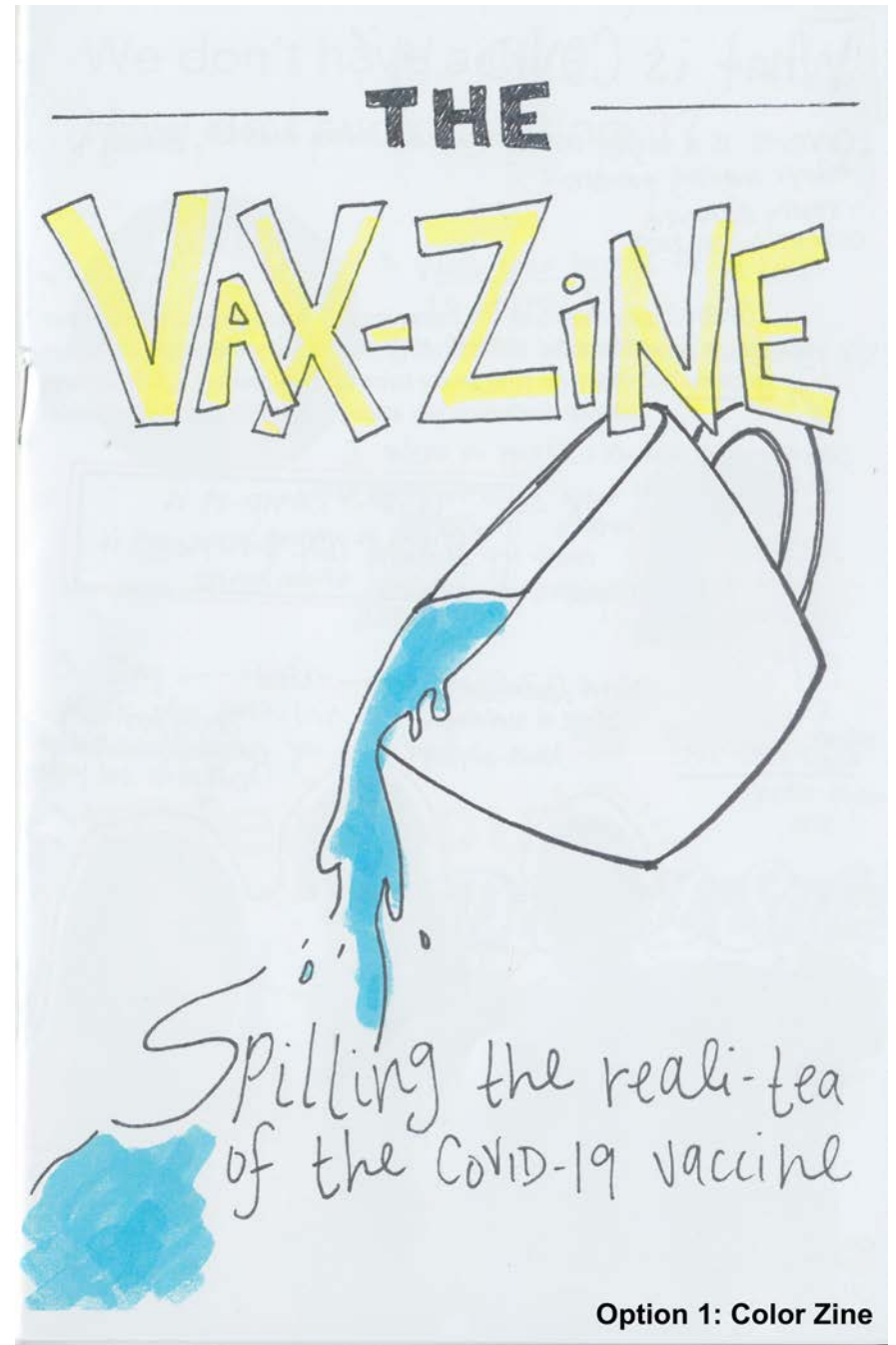


"The Vax-Zine"

**UIC 2021 COVID-19 Vaccine Uptake: Public Awareness
Campaign Contest Submission**

By Stacy Arriola MS, RN, BS-CH, DNP student, UIC College of Nursing
Nirali Chauhan, MPH, MD student, UIC College of Medicine
Shukri Ideis, PharmD student, UIC College of Pharmacy



What is COVID-19?

COVID-19 is a highly contagious respiratory disease, leading to today's ongoing pandemic. newly discovered coronavirus in 2019

COVID-19 spreads through respiratory droplets when someone with the virus coughs, sneezes or talks. It affects people of all ages: some people don't have symptoms and others can have severe forms of illness, leading to lung damage and even death, especially among people with underlying disease.

Common ones include:

- fever or chills
- shortness of breath
- fatigue
- loss of taste or smell
- + many others

TL;DR: COVID-19 is serious & young people get it too!

Who are we?



We don't have a cure.
How do I avoid getting it?



1. Wash your hands for at least 20 seconds!
You should be doing this anyway 😊

2. Wear a mask:
cover your nose & your mouth
↳ this prevents you from spreading or catching respiratory droplets



3. Stay 6 feet apart from people who don't live with you
↳ helps distance you from people that may be infected!

spread out.

Play it Safe

4. Get vaccinated.

yes! It's safe. (keep reading!)



WHY SHOULD I TRUST THE VACCINE?



Even though COVID-19 is new to us, the virus it comes from is not. Scientists have been researching mRNA vaccines for the last 30 years, helping us develop a vaccine in one year.

Will the vaccine give me COVID-19?

No, the vaccine helps us develop immunity **without** giving us the illness. It does this by giving our body instructions on how to make a harmless protein similar to COVID-19. This helps our body fight the disease when the real thing comes around.

Benefits of the vaccine:

- Nearly 100% effective at preventing hospitalization and death from COVID-19
- See family and friends again
- Prevent the spread of COVID-19
- Safer essential travel
- Go back to limited-capacity Cubs and White Sox games!

I'm convinced.
Am I eligible and where can I get the vaccine?



Right now, healthcare workers, all essential workers, adults 65+ and folks 16+ with underlying medical conditions are eligible. Starting April 19th, all Chicagoans 16+ years can get the vaccine.

Where to get vaccinated:

- Your health care provider (tip: sign up for your provider's patient portal)
- Your employer: ask your employer about any incentives such as cash or on-site vaccinations
- Your local pharmacy (Walgreens, Mariano's, WalMart, Jewel-Osco)
- www.zocdoc.com/vaccine (hot tip: check often and turn on notifications!)
- Visit www.vaccine.cookcountyil.gov or call Cook County at 1-833-308-1988, M-F 7am to 7pm
- Join a standby list: sign up online on hidrb.com to be notified if expiring vaccines become available or check with your local pharmacy if they have a waitlist
- United Center Mass Vaccination Site (for 65+ and certain zip codes - check ZocDoc!)

The vaccine is FREE, whether you're insured or not.



You can use vaccinefinder.com and vaccinespotter.com to see all the sites in your area. The Facebook group "Chicago Vaccine Hunters" can help you find the vaccine too!

Check out <https://tinyurl.com/YDB2LCYO> to see a crowdsourced Google Doc with info about when and where vaccination appointments drop.

If you aren't able to leave your home, check chicago.gov/covidvax for how to sign up.



What should I expect when I get the vaccine?

APPROVED

TESTED

Come All

WE ALL BENEFIT

If you are getting an mRNA vaccine made by **Pfizer or Moderna**, you will receive **two vaccines** given 3-4 weeks apart. The **Johnson & Johnson adenovirus** vaccine is a **one-time shot** that is good for people that are allergic to mRNA vaccines.

the most common side effects of the vaccine are:

- pain, redness, or soreness on the arm where you got the shot
- headache
- fatigue
- muscle aches
- nausea

Other side effects can include fever and chills. In people who have gotten the vaccine, most of these side effects happened 1-2 days after getting the vaccine, were mild to moderate in severity, and lasted 1-2 days, but side effects may be more intense after the second shot. Using Advil before your vaccination to prevent side effects is not recommended.

You need to get the second dose of the Pfizer or Moderna vaccine AND wait at least 2 weeks after your last dose of any vaccine to be considered **fully vaccinated**.



As in, get all the shots you need and don't go "back to normal" right after getting your final shot!

I got the vaccine. Now what?

We're still learning...

The vaccine gives you protection from COVID-19, but like all vaccines, it is not perfect. We are still learning about its effectiveness against different variants and how long it can protect us.

Continue to:



social distance to avoid crowds

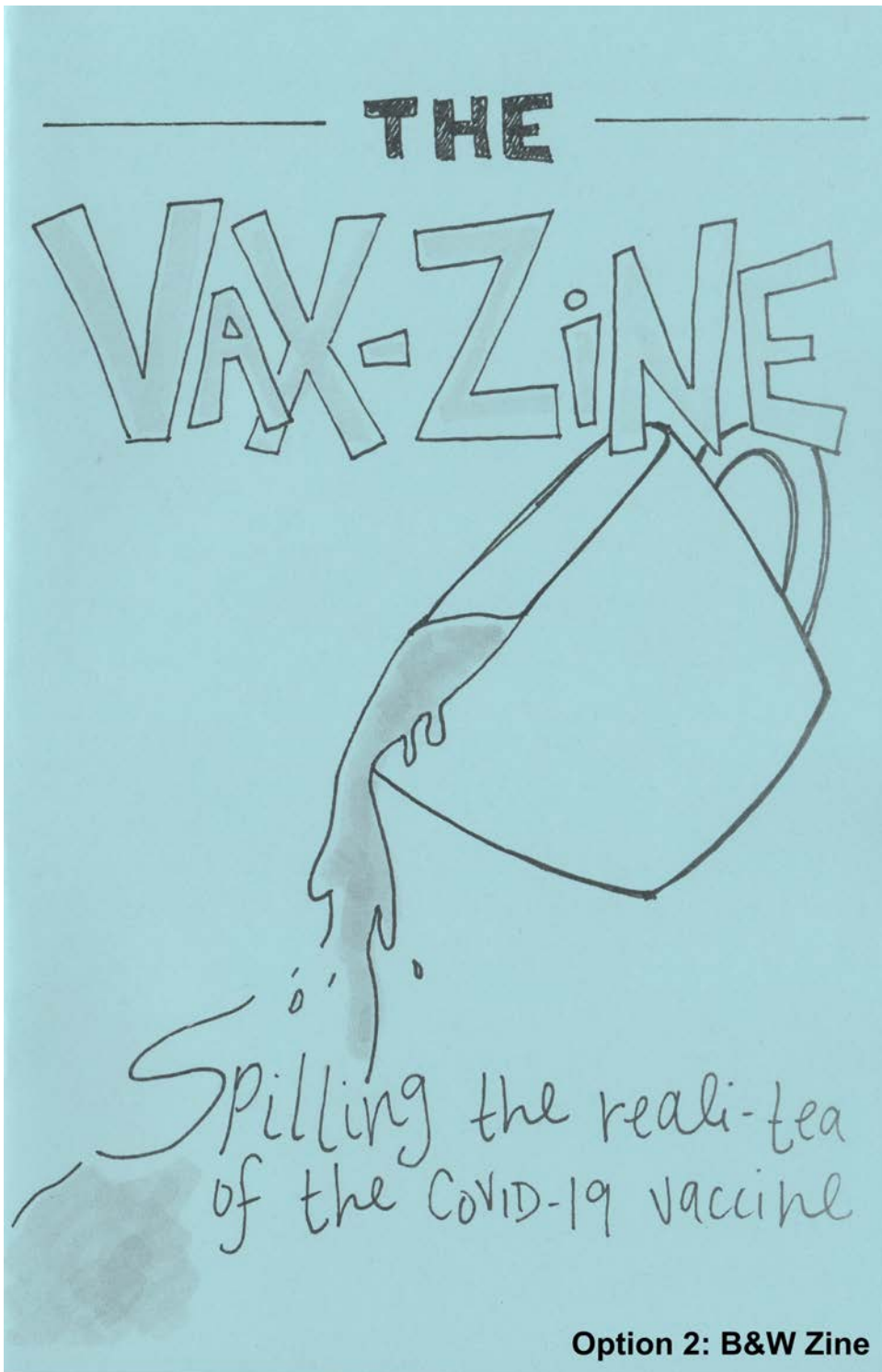
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You should still delay nonessential domestic and international travel, but you **can** hang out indoors unmasked with fully vaccinated people or people from one other household as long as they're not at increased risk for COVID-19. See your local friends and family!

- remember -

YOU GOT THIS!





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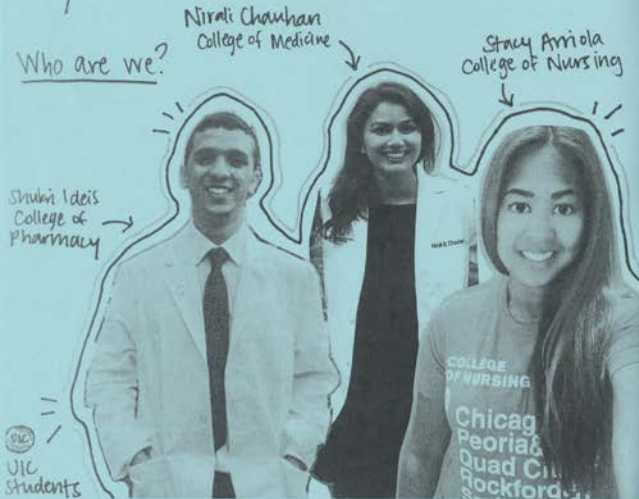
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2 masks are better than one!

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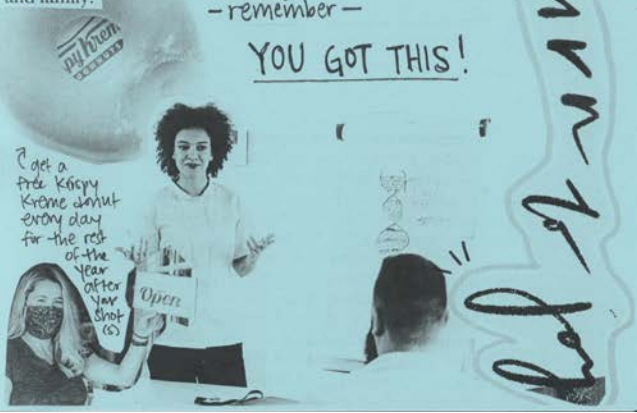


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Get a free Kopy Kreme donut every day for the rest of the year after your shot(s)

