"The Vax-Zine"
UIC 2021 COVID-19 Vaccine Uptake: Public Awareness
Campaign Contest Submission

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What is COVID-19?

COVID-19 is a highly contagious respiratory disease, leading to today's ongoing pandemic.

- New and severe respiratory illness
- Lymphopenia
- Fatigue
- Loss of taste or smell
- Many others

Common symptoms include:
- Fever or chills
- Difficulty breathing
- Fatigue
- Loss of taste or smell
- Many others

Who are we?

- Nidhi Chawla, College of Medicine
- Shalini Ilos, College of Pharmacy
- Sydney Arristo, College of Nursing
- UIC Students

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

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 & mouth.
3. Stay apart from people who don't live with you to help distance you from people that may be infected!
4. Get vaccinated.

I'm convinced. Am I eligible and where can I get 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 20 years, helping us develop a vaccine in one year.

No, the vaccine helps us develop immunity without giving us the illness. It does this by giving our bodies 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!
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 at the arm where you got the shot
- headache
- muscle aches
- fatigue
- 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 of, 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:
- wear a mask
- cover your nose and mouth
- wash your hands
- practice social distancing

You don’t have to get tested if you’re exposed to COVID-19 unless you develop symptoms. If you develop symptoms, self-quarantine and notify your health care provider.

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

YOU GOT THIS!
THE
VAX-ZINE
Spilling the reali-tea of the COVID-19 vaccine

Option 2: B&W Zine
What is COVID-19?

COVID-19 is a highly contagious respiratory disease, leading to an ongoing pandemic. It mainly affects sick individuals in 2020.

Common symptoms include:
- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Loss of taste or smell
- And many others

TL;DR: COVID-19 is serious, especially among older adults.

Who are we?
Niresh Chinmayan
College of Medicine

Nimisha Patel
College of Nursing

Shikha Deonarain
College of Pharmacy

Shiva Prabha
Chicago Peoria Quad City Boarding School

Who are we?

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

1. Wash your hands for at least 20 seconds.
2. Wear a mask: cover your nose with a mouth.
3. Stay at least 6 feet away from people who don't live with you.
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 is not. Scientists have been researching mRNA vaccines for the last 20 years, helping us develop a vaccine in a year.

Will the vaccine give us COVID-19?

No, the vaccine helps our body 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 those with underlying medical conditions are eligible. Starting April 19th, all Chicagoans 16 year or older 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.zoocare.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!)

You can use vaccinefinder.com and vaccinedecider.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/YDBZLCOY to see a crowdsourced Google Doc with info about when and where vaccinations are available and how to sign up.

You can also call 1-800-381-2080 or go to Cook County's website.
What should I expect when I get the vaccine? Come All WE ALL BENEFIT!

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- nausea

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I got the vaccine. Now what? We’re still learning...

Continue to:
- wash your hands
- wear a mask
- social distance
- avoid crowds

You don’t have to get tested if you’re exposed to COVID-19 unless you develop symptoms. If you develop symptoms, self-quarantine and notify your health care provider.

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 and remember — YOU GOT THIS!