



## Better Tomorrow

After more than a year of living through a pandemic, vaccines have brought hope to many that the pandemic will soon be over. For others, vaccines have brought more questions than answers. As we work toward making the best decisions for ourselves, our families, and our community, it's important to have information from trusted sources.

Better Tomorrow is your trusted source for information and resources about COVID-19 vaccines.

**We are on a mission to create a Better Tomorrow.**

**A tomorrow where we are better informed.**

**A tomorrow where we have better access.**

**A tomorrow where we are better together.**



Scan the QR code to visit the Better Tomorrow website or go directly to [MyBetterTomorrow.org](https://MyBetterTomorrow.org) to learn more.



**Getting vaccinated  
means getting back  
on the field.**

**Better Tomorrow** is a partnership of trusted voices committed to providing dependable vaccine information for communities of color.

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**Getting vaccinated  
means being able  
to take care of  
my family.**



**Better  
Tomorrow**



## What to Know About the COVID-19 Vaccines

With multiple vaccines and daily updates, you may have questions and we are here to help.

### WHAT IS A VACCINE?

- Vaccines help your immune system produce antibodies, the proteins that protect against viruses. They work by injecting a non-functioning virus or protein code into the body to trigger an immune response and produce antibodies. (CDC)
- There are currently three COVID-19 vaccines available in the U.S.

### TYPES OF COVID-19 VACCINES

- mRNA vaccines teach our cells how to make a protein which creates antibodies against COVID-19. These shots do not contain the virus. (CDC)
- Vector vaccines use a harmless virus to help your immune system make COVID-19 antibodies. The virus used in these vaccines can't make you sick. (CDC)



## Vaccine Safety and Your Info

### WHAT DO I NEED TO GET A VACCINE?

- To get a vaccine, you will need to provide your name, date of birth, address, and ethnicity. If you're getting your second dose, you will need to show the CDC vaccination card that you received after your first dose. You do not need health insurance to get a vaccine.

### WERE PEOPLE FROM MY COMMUNITY INCLUDED IN THE VACCINE CLINICAL TRIALS?

- According to data from the clinical trials for the mRNA vaccines, participants from Native American communities were included in clinical trial populations. (KFF)

### HOW THE VACCINES WERE TESTED

- The safety of the COVID-19 vaccines were tested during several months in tens of thousands of people in clinical trials. The results of the tests met the FDA's high standards for emergency use authorization.
- Millions of people in the U.S. have already received COVID-19 vaccines. The vaccines have undergone the most in-depth safety monitoring in U.S. history. (CDC)

### COMMON SIDE EFFECTS OF THE VACCINES

- While some people may not experience any side effects, side effects can occur within a few hours after receiving the initial COVID-19 vaccine and have been reported as more intense with the second dose.
- Injection site soreness, headaches, tiredness, chills, fever, and nausea have been reported. These side effects are a sign your body is building protection. For more information about potential side effects, please contact your doctor. (CDC)

### THE BENEFITS OF THE VACCINES

- All COVID-19 vaccines available in the U.S. have proven to be highly effective at helping prevent COVID-19. Experts believe it may also help keep you from getting seriously ill if you get COVID-19.
- Getting vaccinated may also protect the people around you, especially those who have a higher risk of getting really sick from COVID-19. (CDC)

