COVID Vaccine Talking Points

The evidence-based talking points below are provided by HHS to help increase vaccine confidence while reinforcing basic prevention measures.

KEY FACTS ON COVID-19

- **Vaccines are widely available and free.** Vaccines are available at no cost to everyone ages 5 and older living in the United States, no matter your immigration or health insurance status.
- **COVID-19 is dangerous.** The virus can cause severe disease, hospitalization, or death. Vaccines and boosters offer you the best protection from the worst outcomes from COVID.
- **Unvaccinated people are 3 times more likely** to get COVID, 9 times more likely to need hospital care from it, and 41 times more likely to die from it than people who are vaccinated and boosted.
- **Vaccination greatly reduces the risk of long COVID,** which leaves people with fatigue, pain, and memory problems that can last for months. Unvaccinated people who get COVID have about twice the risk for long COVID that vaccinated people have.
- **Vaccination lowers the risk of variants emerging.** The more unvaccinated people there are, the greater the chance COVID-19 has to spread and mutate into more contagious variants that cause severe disease.
- **Getting vaccinated** is a decision to discuss with a doctor, pharmacist, or other health care provider you trust.
- **The American Medical Association** reports that 96% of doctors have gotten a shot themselves.
GENERAL VACCINATION

Preventive measures still matter.
- Three-quarters of American adults and two-thirds of all Americans have been vaccinated. That’s more than 216 million Americans who are protected from serious illness, hospitalization, and death.
- It is possible for vaccinated people to get COVID-19; but people who are vaccinated and boosted have strong protection against severe illness and death.
  - Masks can add another layer of protection for everyone. People in communities where COVID is spreading and hospitals are almost full should wear a mask in indoor public spaces.
  - If you are at high risk for getting seriously sick from COVID or live with someone who is at high risk, you may choose to wear a mask in more situations.
  - If you wear a mask, choose one that is comfortable and fits well.
- If you are not vaccinated, no matter your age, you are at risk of getting sick, and even dying.

COVID-19 vaccines are available to anyone ages 5 and older.
- Every person in the country 5 years old and older—in every community, in every corner of America—is eligible to get vaccinated.
- Vaccines are free and available, regardless of health insurance or immigration status. And getting a shot has never been easier or more convenient.
- Vaccines help prevent severe illness and death from COVID.
- The risks from COVID-19 far outweigh any risks from side effects of the vaccine.
- Go to vaccines.gov or text your ZIP code to 438829 to find places nearby.

Vaccines and booster shots offer protection against COVID-19 variants.
- The good news is we have powerful tools for protection from variants: Vaccines.
  - Vaccines and boosters are the best protection against severe COVID illness and death, even from highly contagious variants. Masks can add an extra layer of protection.
  - Unvaccinated people are at a higher risk from currently circulating variants. They have a higher chance of getting severely ill and even dying.
- We know the path to controlling the virus and limiting variants: get vaccinated, get boosted, and take your children to get vaccinated and boosted.

Getting COVID-19 can have serious long-lasting health effects, while long-term impacts from vaccines are unlikely.
- A recent study showed that unvaccinated people were about twice as likely as those who were vaccinated to experience ongoing symptoms from COVID – often called long COVID.
Common symptoms of long COVID include fatigue, pain, shortness of breath, difficulty thinking or concentrating, fast or irregular heartbeat, loss of taste and smell, memory problems, mood changes, and hair loss.

Anyone, no matter their age or health status, who gets COVID-19 can have symptoms for months after they recover, even if they had a very mild case.

- COVID can damage organs, including the lungs, heart, and brain.
- Studies have found that, regardless of other risk factors, people who have had COVID are at higher risk for cardiovascular disease, including people who were not hospitalized for COVID.

- COVID and long COVID are very unpredictable.
- Millions of people have received COVID vaccines – some well over a year ago – with no long-term side effects.
- Vaccination greatly reduces the risk of getting long COVID by preventing COVID in the first place.
- The risks from COVID far outweigh any risks from side effects of the vaccine.

**We Can Do This.**

- Want more information about the benefits of getting vaccinated?
  - Talk to a doctor. A health care provider is a great person to answer any questions you may have about the COVID-19 vaccines.
  - Get Answers by visiting [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for more information.
  - Help the people you care about find vaccines at [vaccines.gov](https://www.vaccines.gov).

**VACCINATION FOR CHILDREN**

**Vaccines for the 5-11 age group have been tested in children.**

- Vaccines protect against severe COVID cases in young people and are the most important tool we have to prevent childhood deaths and keep kids safer.
- Clinical trials for vaccines for children ages 5 to 11 were designed to look at safety and to find the best dose. The vaccine is given in a smaller dose tailored for younger children.
- More than 11.6 million Americans under age 18 in the U.S. have gotten COVID-19.
  - In 2022 alone, more than four million children under age 18 in the U.S. have contracted COVID.
- COVID-19 cases and hospitalizations among children in the U.S. rose to record levels with the spread of the Omicron variant.
- Even if they don’t experience severe symptoms right away, children can face long-term health effects from COVID-19.
- Children are four times more likely to be hospitalized from COVID-19 if they live in a state with low vaccination rates compared to states with high vaccination rates.
BOOSTERS

Everyone 12 and older who is vaccinated should get a booster shot.

- Being up to date on COVID-19 vaccines helps prevent severe illness, hospitalization, and death.
- If you are age 12 years or older and vaccinated, boosters can provide extra protection and give you the best defense possible against COVID-19.
- If you’re vaccinated, a booster can double your protection against being hospitalized from COVID.
- Everyone 12 and older who is vaccinated should get a booster shot. To be up to date on vaccinations:
  - Get a booster at least 5 months after your second dose of the Pfizer or Moderna vaccine.
  - Get a booster at least 2 months after your single dose of the Johnson & Johnson vaccine.
  - Vaccinated adults 18 and older may choose any authorized vaccine as a booster, regardless of the type or brand of vaccine received before. CDC prefers vaccinated people receive either the Pfizer or Moderna booster.
  - Only the Pfizer booster is available for those ages 12 to 17 who are vaccinated.
- Like the initial doses of COVID-19 vaccines, boosters are free to everyone living in the U.S. They are readily available both by appointment and walk-in visits, and no insurance or identification is required to receive your booster shot.