



COVID-19, takođe zvani Coronavirus, je uzrok oboljenja ljudi širom svijeta. Uz nošenje maski, održavanje distance od 6 stopa i pranja ruku, **vakcine su važno sredstvo za pomoć kako bi se usporilo širenje COVID-19.** Vakcine pomažu tijelu da se izbori s virusom i da se ne razbolite. Što je veći broj ljudi koji se vakcinišu, to ćemo brže okončati pandemiju COVID-19. Evo nekih činjenica koje treba znati o vakcinama protiv COVID-19:

1. Vakcine protiv COVID-19 uče vaše tijelo kako da se izbori s virusom koji vas čini bolesnim.

Vakcine protiv COVID-19 vam neće uzrokovati bolest. Vakcine djeluju tako sto tijelo misli da je oboljelo bez stvarnog oboljevanja. Imunološki sistem, dio vašeg tijela koji se bori protiv bolesti, reaguje na vakcinu stvarajući antitijela. Antitijela su proteini specifični za datu bolest koji se bore protiv virusa kada ga vide. Vakcine koje su trenutno dostupne koriste mRNA tehnologiju, što ne utiče niti je u interakciji s DNK neke osobe.

2. Studije pokazuju da su vakcine sigurne i učinkovite.

Više od 117.000 osoba je bilo u kliničkom ispitivanju za tri dostupne vakcine – više od 43.000 u kliničkom ispitivanju kompanije Pfizer-BioNTech i više od 30.000 u kliničkom ispitivanju kompanije Moderna i više od 44.000 u kliničkom ispitivanju Johnson i Johnson. Veliki broj osoba, uključujući starije osobe, crna populacija, Indijanska populacija i ljude u obojenim zajednicama, bilo je uključeno u klinička ispitivanja. Sve tri vakcine su sigurne i podjednako efikasne u sprječavanju hospitalizacije i smrti od oboljenja.

Vakcine su prošle kliničko ispitivanje, odobrene su za hitnu upotrebu od strane Administracije za Hranu i Lijekove SAD-a i preporučuju su od strane medicinskih i stručnjaka za javno zdravstvo na nacionalnom nivou i ovdje u Vermontu. Ponekad, kada je vakcina urgentno potrebna, kao vakcina protiv COVID-19, istraživači kombinuju korake kako bi ubrzali proces odobravanja. To ne znači da preskaču bilo koje važne korake, nego da to pomaže da se proces odvija brže.

Sastojci u vakcinama protiv COVID-19 su slični onima što se nalaze u drugim vakcinama - mRNA vakcine (Pfizer-BioNTech i Moderna) sadrže protein, masti, soli i šećere. One u sebi **ne sadrže** nikakvo tkivo fetusa, proizvode od svinjskog mesa, jaja, želatin, lateks ili konzervanse.

3. Vakcine su razvijene nakon decenija istraživanja.

Iako je specifični virus koji izaziva COVID-19 relativno nov, naučnici su decenijama proučavali vakcine za druge korona viruse. Istraživanje o vakcini protiv korona virusa započeto je 2003. godine za vrijeme epidemije teškog akutnog respiratornog sindroma (SARS) i nastavljeno je

2012 za vrijeme epidemije bliskoistočnog respiratornog sindroma (MERS). Kada je identifikovan COVID-19, globalni fokus ka eliminisanju ovog novog korona virusa, u kombinaciji sa velikim finansijskim ulaganjima, pomogao je da se ubrza proces istraživanja kako bi se stvorila sigurna i učinkovita vakcina.

4. Vakcina protiv COVID-19 daje se u jednoj ili dvije doze u zavisnosti od tipa vakcine.

Pfizer-BioNTech vakcina se daje u dvije doze u razmaku od 21 dan. Vakcina Moderna se daje u dvije doze u razmaku od 28 dana. Johnson i Johnson vakcina se daje u jednoj dozi. Za sve tri treba oko 14 dana da se vase tijelo može efikasno boriti protiv virusa koji uzrokuje COVID-19.

5. Nuspojave znače da vakcina djeluje.

Neki učesnici u kliničkim istraživanjima za obje vakcine pokazali su jaku imunološku reakciju koja dovodi do nuspojava. Za vakcine koje se daju u dvije doze, druga doza može izazvati jaču imunološku reakciju od prve doze, što može značiti više nuspojava. To je normalno i ukazuje na to da se vaše tijelo bori protiv COVID-19. Četiri najčešće nuspojave su bol na mjestu injekcije, umor, glavobolja i bol u mišićima. To bi trebalo nestati za par dana. Neki ljudi su imali alergijsku reakciju na vakcinu, ali to je vrlo rijetko.

6. Većina ljudi sa zdravstvenim problemima bi trebala dobiti vakcinu.

U kliničkim studijama, vakcine protiv COVID-19 bile su jednako učinkovite za osobe sa i bez zdravstvenih problema. U stvari, za osobe sa nekim zdravstvenim problemima postoji veća vjerovatnoća da postanu jako bolesne ako dobiju COVID-19, tako da je vakcinisanje još važnije. Ako niste sigurni da li biste trebali dobiti vakcinu, razgovarajte sa svojim ljekarom u vezi bilo kojih zdravstvenih problema koje imate. Ako nemate ljekara, nazovite 2-1-1 da se povežete s klinikom u vašoj blizini.

7. Trebate nastaviti poduzimati sve mjere za sprječavanje bolesti COVID-19 nakon što dobijete vakcinu.

Vakcini je potrebno vremena da nauči vaše tijelo da se bori protiv COVID-19, tako da nećete biti zaštićeni vakcinom do nekih par sedmica nakon što primite punu dozu. Još ne znamo da li možete nesvjesno širiti virus nakon što se vakcinišete. Sve dok se ne vakciniše dovoljan broj ljudi i dok ne budemo znali više, trebamo slijediti sve sigurnosne mjere poput nošenja maski, održavanja razmaka od 6 stopa i pranja ruku.

8. Možete se informisati da li se kvalifikujete za vakcinu i gdje je možete dobiti kada se kvalifikujete.

Web stranica Zavoda za Zdravstvo (Health Department) ima informacije o tome ko se trenutno kvalifikuje za vakcinu protiv COVID-19 i ko ce se sljedeći kvalifikovat. Kada se kvalifikujete moći ćete se registrovati za termin za vakcinisanje. Nove informacije ćemo dijeliti na našoj web stranici, društvenim medijima i u vijestima.

9. Vakcine protiv COVID-19 su besplatne.

Vakcine protiv COVID-19 se građanima Vermoneta daju besplatno, čak i ako nemaju zdravstveno osiguranje. Ustanova koja vam daje vakcinu može naplatiti administrativnu naknadu od vašeg osiguranja, ali za vas je vakcina protiv COVID-19 garantovana bez plaćanja naknade.

Saznajte više na healthvermont.gov/COVID19vaccine



COVID-19, also called coronavirus, is making people sick around the world. In addition to wearing masks, keeping 6 feet apart and washing our hands, **vaccines are important tools to help slow the spread of COVID-19.** Vaccines help your body fight off the virus and keep you from getting sick. The more people who get vaccinated, the faster we can end the COVID-19 pandemic. Here are some things to know about COVID-19 vaccines:

1. COVID-19 vaccines teach your body how to fight off the virus that makes you sick.

COVID-19 vaccines will not give you the disease. Vaccines make your body think you have the disease without actually getting it. The immune system, the part of your body that fights sickness, responds to the vaccine by creating antibodies. Antibodies are disease-specific proteins that fight off the virus when they see it. The vaccines currently available use mRNA technology, which does not affect or interact with a person's DNA.

2. Studies show they are safe and effective.

More than 73,000 people were in clinical trials for the two available vaccines – more than 43,000 in the Pfizer-BioNTech clinical trial and more than 30,000 in the Moderna clinical trial. Many different people, including older adults and people in communities of color, were included in the clinical trials. Both vaccines are safe and are more than 94% effective.

The vaccines went through clinical trials, were approved for emergency use by the U.S. Food and Drug Administration and have been recommended by medical and public health experts nationally and here in Vermont. Sometimes, when a vaccine is urgently needed, like COVID-19 vaccines, researchers combine steps to speed up the approval process. This doesn't mean that they skip any important steps, but it does help the process move more quickly.

The ingredients in the Pfizer-BioNTech and Moderna COVID-19 vaccines are similar to what is found in other vaccines – both contain the mRNA protein, fats, salts, and sugars. They do not have any fetal tissue, animal products, eggs, gelatin, latex, or preservatives in them.

3. The vaccines were developed after decades of research.

While the specific coronavirus that causes COVID-19 is relatively new, scientists have been studying vaccines for other coronaviruses for decades. Research on coronavirus vaccines began in 2003 during the Severe Acute Respiratory Syndrome (SARS) epidemic and continued in 2012 during the Middle East Respiratory Syndrome (MERS) epidemic. When COVID-19 was identified, the global focus on getting rid of this new coronavirus, combined with large amounts of funding, helped speed up the research process to create a safe and effective vaccine.

4. The COVID-19 vaccine is two shots, 21 or 28 days apart.

Both vaccines require two doses. Doses of the Pfizer-BioNTech vaccine are given 21 days apart, and doses of the Moderna vaccine are given 28 days apart.

5. Side effects mean the vaccine is working.

Some participants in clinical trials for both vaccines showed a strong immune response leading to side effects. For both vaccines, the second dose may cause a stronger immune response than the first dose, which can mean more side effects. This is normal and is how your body learns to fight COVID-19. The four most common side effects were pain at the injection site, fatigue, headache, and muscle pain. They should go away in a few days. A few people have had an allergic reaction to the vaccine, but this is very rare.

6. Most people with medical conditions should still get a vaccine.

In clinical studies, COVID-19 vaccines were just as effective for people with and without medical conditions. In fact, people with some conditions are more likely to get very sick if they get COVID-19, so getting vaccinated could be even more important. If you are unsure if you should get the vaccine, talk to your health care provider about any conditions you have. If you don't have a health care provider, call 2-1-1 to be connected to a clinic near you.

7. You need to keep taking steps to prevent COVID-19 after getting vaccinated.

It takes time for the vaccine to teach your body to fight COVID-19, so you may not be protected by the vaccine until a few weeks after your second dose. We don't yet know if you can unknowingly spread the virus after you get vaccinated. Until enough people are vaccinated and we know more, we need to follow all safety guidelines like wearing masks, keeping 6 feet apart and washing our hands.

8. You can find out if you are eligible for the vaccine now, and where to get it when you are eligible.

The Health Department website has information about who is eligible now for a COVID-19 vaccine, and who will be eligible next. When you are eligible, you will be able to register for a vaccine appointment. We will share new information on our website, on social media, and in the news.

9. COVID-19 vaccines are free.

COVID-19 vaccines are provided to Vermonters at no cost, even if you don't have health insurance. The provider that gives you your vaccine may charge an administrative fee to your insurance, but you are guaranteed a COVID-19 vaccine without paying a fee.

Learn more at healthvermont.gov/COVID19vaccine

