

COVID-19 Vaccines and Safety: Understanding Benefits and Risks



mRNA Vaccine benefits

- **Very high level of protection** against COVID-19 and COVID-19 associated hospitalization.
- **More vaccinations can lead to reduced spread of the virus**, which can protect against the creation and spread of new COVID-19 variants.
- **Prevents “long COVID.”**
- **Prevents COVID-19 infection**, which can cause myocarditis, neurological problems, diminished lung function and severe heart damage.

mRNA Vaccine risks

- **Very rare** chance of developing myocarditis — an inflammation of the heart muscle.
- Risk is highest in males ages 16 to 30.

Second doses of mRNA vaccine administered vs. myocarditis cases



133 Million
second doses
of mRNA vaccine administered



Only 636 cases of myocarditis reported out of 133 million second doses

It's very rare that someone develops myocarditis after being vaccinated with an mRNA vaccine, but it does occur more commonly after the second dose of a two dose series.

You should talk to your health care provider if you experience any of the following symptoms within three to seven days after your vaccination:

- **Chest pain or pressure**
- **Shortness of breath**

OHA stands by the research of the CDC and encourages all people in Oregon to get vaccinated.