

ABOUT THIS SET OF CONCERN CARDS

This set of concern cards was created to host a conversation about the COVID-19 vaccine for RIM mothers in November 2021 and was audited for accuracy in February 2022.

They form part of a larger Mothers x Mothers toolkit developed to address COVID-19 vaccine hesitancy. Please take some time to read through the cards, update them, and use the format to address other health concerns.

CONCERN CARDS

1

What is in the COVID-19 Vaccine?

CONCERN CARDS

ANSWER

The most important part of the vaccine is called an antigen. An antigen teaches your body how to fight off the virus so that you don't get sick if you are exposed. Antigens are different depending on the kind of COVID-19 vaccine. In some cases, the antigen may contain part of the virus structure, but no vaccines contain active virus.

FACTS

The Pfizer and Moderna vaccine contain mRNA, which teaches our cells how to make a protein that will trigger an immune response inside our bodies. mRNA vaccines do not use the live virus that causes COVID-19 and cannot cause infection.

Source: CDC

Vaccines do not contain:

- Eggs
- Pork products
- Preservatives
- Gelatin
- Latex
- Live COVID-19 virus
- Microelectronics or chips
- Ingredients that would alter DNA

LET'S DISCUSS THIS

- What ingredients are you worried about being in the vaccine?
- How does this information make you feel about the vaccine?

CONCERN CARDS

3

Why do I need a vaccine if I already had COVID-19?

CONCERN CARDS

ANSWER

Vaccination provides a strong boost in protection for people who have recovered from COVID-19. If you have already recovered from COVID-19, it's possible to be re-infected. Getting vaccinated provides you with added protection from reinfection.

FACTS

One study compared COVID-19 infections among people who were unvaccinated but had previously recovered from COVID-19 and those who were fully vaccinated. People who had already had COVID-19 but were unvaccinated were 2 times more likely to get the virus than those who were vaccinated.

Source: CDC

Research has not yet shown how long you are protected from getting COVID-19 again after you recover from COVID-19.

Source: CDC

LET'S DISCUSS THIS

- Can you think of other vaccines that you take even if you've had the disease before? Or vaccines that you have to take on a regular basis?

CONCERN CARDS

4

Is the COVID-19 vaccine
a cure for COVID?

CONCERN CARDS

ANSWER

The vaccine is **NOT** a cure for COVID-19. Cures help heal people infected with a disease. A vaccine helps people from getting infected in the first place. The vaccine trains your body to recognize and fight off COVID-19.

FACTS

People who have had a known COVID-19 exposure should not seek vaccination until their quarantine period has ended to avoid potentially exposing healthcare personnel to the virus.

Source: CDC

Research suggests that people who got COVID-19 and then received vaccines produce very high levels of antibodies that are effective against current and, possibly, future variants.

Source: (Mayo Clinic)

LET'S DISCUSS THIS

-In your own words, can you explain what the difference is between a vaccine for a disease and a cure for a disease?

CONCERN CARDS

5

Do vaccines
cause autism
in children?

CONCERN CARDS

ANSWER

Vaccines do not cause autism. Since 2003, there have been 9 studies completed by the Centers for Disease Control, and they have found no link between vaccines and autism in children. In fact, the COVID-19 vaccine is healthy for a child's development because it reduces the risk of infection, hospitalization, and death.

FACTS

Children aged 5-11 years old receive a smaller dose than what is given to adults. The vaccine is also delivered in special, smaller needles designed for children.

Source: CDC

Hundreds of millions of doses of the COVID-19 vaccine have been given out safely in the US. The vaccine has also been thoroughly tested before it was approved for children.

Source: CDC

LET'S DISCUSS THIS

-How does this information make you feel?

-What other information would you need to know to feel confident giving the vaccine to children?

CONCERN CARDS

6

Is the vaccine safe for pregnant moms or moms that are breastfeeding?

CONCERN CARDS

ANSWER

Yes, it is safe to get the vaccine while pregnant or breastfeeding. Women who are pregnant or were recently pregnant are more likely to get seriously ill and die from COVID-19. The vaccine protects moms from getting COVID-19, and mothers also pass on some protection against the virus to their newborns.

FACTS

Recent studies show that mothers who received the Pfizer and Moderna vaccines pass on protection against COVID-19 to their newborns in their breastmilk. Mother and newborn both gain some protection when the mom is vaccinated.

Source: CDC

Early studies show that women who get vaccinated in the first 20 weeks of pregnancy don't have a greater risk of miscarriage than women who don't get the vaccine.

Source: CDC

LET'S DISCUSS THIS

-How do you feel about the fact that mothers pass along protection from the virus to their newborns? Had you heard this before?

-What concerns do you have about getting vaccinated while pregnant or breastfeeding?

CONCERN CARDS

7

Do I need to get checked for COVID-19 before getting the vaccine?

CONCERN CARDS

ANSWER

Only if you have COVID-19 symptoms. People with COVID-19 or who are experiencing COVID-like symptoms should wait to be vaccinated until they have recovered from their illness. Please seek medical help if you have tested positive or are experiencing symptoms.

FACTS

People who have had a known COVID-19 exposure should not seek vaccination until their quarantine period has ended to avoid potentially exposing healthcare personnel and others during the vaccination visit.

Source: CDC

Getting vaccinated even if you have had COVID-19 previously is recommended. If you have recovered from the virus but are unvaccinated you are more likely to get infected than someone who is vaccinated.

Source: CDC

LET'S DISCUSS THIS

-Did you already know this information? Where did you learn it?

-Where do you generally get information about the pandemic?

CONCERN CARDS

8

I've heard that the vaccines
have chips in them.
Is that true?

CONCERN CARDS

ANSWER

COVID-19 vaccines do not contain microchips or any other ingredient to track your personal information. This myth started when Bill Gates, a technology entrepreneur, made comments about creating digital certificates for people to prove they are vaccinated. The technology he was talking about has not been involved in the testing or distribution of the COVID-19 vaccine.

FACTS

When you receive a vaccine, you will receive a physical card to prove you've had the vaccine. While the clinic or pharmacy may ask for personal information, this will not be used by the government to track or punish you.

Source: CDC

COVID-19 vaccines do not change your DNA. Instead, they deliver instructions to your cells to build protections against the virus. These 'instructions' come in the form of genetic materials that never enter the cells' nucleus where DNA is kept.

Source: CDC

LET'S DISCUSS THIS

- How frequently do you hear people on TV or social media talking about chips being in the vaccine?**
- How does this information change the way you feel about the vaccine? It's ok if it doesn't change anything.**

CONCERN CARDS

10

Does the vaccine affect women's fertility and ability to have children?

CONCERN CARDS

ANSWER

No. It is safe to get the vaccine if you are trying to have children or want to have children in the future. In a recent study, more than 4,800 women reported becoming pregnant after receiving their first dose of the Moderna or Pfizer vaccine. There is currently no evidence showing an impact between the COVID-19 vaccine and fertility.

FACTS

Many people have become pregnant after receiving the COVID-19 vaccine, including some women who participated in the early clinical trials over one year ago.

Source: CDC

A recent study showed that 4,800 women reported getting pregnant after receiving their first dose of the Moderna and Pfizer vaccines.

Source: CDC

LET'S DISCUSS THIS

-How important is your concern about fertility and the vaccine?

-Does learning this information affect how you feel? How?

CONCERN CARDS

11

Does the vaccine affect children's development?

CONCERN CARDS

ANSWER

No. Before vaccines are declared safe for the public they go through extensive testing, and after testing it has been determined that vaccines are safe for children 5 years and up. Vaccinating children can be good for their development, because the vaccines keep them in school, help them participate in group activities such as sports, and can also protect younger unvaccinated brothers or sisters.

FACTS

A child cannot get COVID-19 from the COVID-19 vaccine. Mild side effects are normal and severe side effects are rare. The vaccines have no negative effect on future fertility or other areas of a child's development.

Source: CDC

Children aged 5-11 years old receive one third of the dose given to adults. The vaccine has the same active ingredients for adults and children. The vaccine is also delivered in special, smaller needles designed for children.

Source: CDC

LET'S DISCUSS THIS

-How has COVID-19 affected your children's development?

-Do you think the vaccine will be positive or negative for their development? How so?

CONCERN CARDS

12

Why do I need
to vaccinate my kids
if they are
young and healthy?

CONCERN CARDS

ANSWER

While it is unlikely, children may still become severely ill or die from COVID-19. Overall, the vaccine is much safer than infection from the virus. Vaccinating children helps protect those around them such as younger siblings that may not be able to get the vaccine. Vaccinating children can also help keep them in school, and makes it safer for them to participate in group activities such as playdates or sports.

FACTS

Hundreds of millions of doses of the COVID-19 vaccine have been given out safely in the US. The vaccine was thoroughly tested before it was approved for children 5 and up.

Source: CDC

Children between 5-11 years old receive a smaller dose of the vaccine than that given to adults. The vaccine is also delivered in smaller needles designed for children.

Source: CDC

LET'S DISCUSS THIS

-What are the possible consequences of vaccinating your children? Which ones are positive and which ones are negative?

CONCERN CARDS

13

Do I need to have insurance to get the vaccine?

CONCERN CARDS

ANSWER

No. The vaccine is available to all people in the United States free of charge. You do not need insurance. You don't even have to be a legal resident of the US. When you are making your appointment, you may need to provide personal information. This information is generally used for the pharmacy or clinic records and to create your vaccine certificate.

FACTS

Vaccines will be given free of charge to all people in the United States regardless of insurance or immigration status.

Source: CDC

You cannot be charged for receiving the COVID-19 vaccine in the US. Do not provide personal information to anyone calling you or texting you in relation to a fee for the COVID-19 vaccine.

Source: CDC

LET'S DISCUSS THIS

-Did you know this information before today?

-Where do you generally get information about the vaccine? What helps you decide to trust or mistrust information?

CONCERN CARDS

14

Can I get the vaccine if I'm undocumented in the US?

CONCERN CARDS

ANSWER

Yes. The vaccine is available to all people in the US ages 5 and up regardless of immigration and insurance status. The vaccine is free. When making an appointment, you may be asked personal details. This information is used for pharmacy and clinic records to create your vaccine certificate. It cannot be used to punish you in any way and will not be shared with non-health authorities.

FACTS

Vaccines will be given free of charge to all people in the United States ages five and older regardless of insurance or immigration status.

Source: CDC

You cannot be charged for receiving the COVID-19 vaccine in the US. Do not provide personal information to anyone calling you or texting you in relation to a fee for the COVID-19 vaccine.

Source: CDC

LET'S DISCUSS THIS

-How does this information make you feel?

-What hesitations do you have about making a vaccine appointment?

CONCERN CARDS

15

What is this new variant?
Does the vaccine protect me
and my family?

CONCERN CARDS

ANSWER

There have been many variants categorized as “concerning” by the World Health Organization. On November 26, 2021 the World Health Organization identified variant Omicron. You may be familiar with another variant Delta. While Omicron causes less severe disease than Delta, people who were previously infected with COVID-19 and people who have not received their booster have less protection.

FACTS

It is less common for people who are vaccinated to get COVID-19. In cases where vaccinated people get infected with COVID-19, the vaccine still protects them from getting seriously ill or dying.

Source: CDC

Omicron is much more contagious than previous variants, including Delta. Getting vaccinated and boosted, and wearing masks are the best way to protect yourself and your family.

Source: CDC

LET'S DISCUSS THIS

-Did you know this information before today?

-Where do you generally get information about the vaccine? What helps you decide to trust or mistrust information?