Information about mRNA COVID-19 Vaccines
(i.e., Moderna and Pfizer)

This fact sheet contains information about the mRNA COVID-19 vaccines (i.e., Moderna and Pfizer-BioNTech) that is intended to help you make the most informed decision possible about getting the vaccine to better protect yourself, your loved ones, and tribal communities, both urban and rural.

The Moderna COVID-19 vaccine received Emergency Use Authorization (EUA) from the FDA on December 19, 2020. The Pfizer vaccine received approval from the FDA on August 23, 2021, for ages 16 and up. The Pfizer vaccine also received EUA from the FDA for ages 5–15. The Centers for Disease Control and Prevention (CDC) currently recommends COVID-19 vaccination for everyone ages 5 and up.

Who are the vaccines for?
The COVID-19 vaccines are used to prevent COVID-19 infection, hospitalization, and severe disease. The Moderna COVID-19 vaccine is available for those 18 years and older, while the Pfizer COVID-19 vaccine is available for those 5 years and older.

However, you should talk with your provider to discuss the risks and benefits before getting the vaccine if you:

- have any allergies, especially to other vaccines.
- have a bleeding disorder or are on a blood thinner.
- are immunocompromised or are taking medication that affects your immune system.
- have a fever.
- are pregnant or plan to become pregnant.
- are breastfeeding.
- have received another COVID-19 vaccine.1,2

You should not get the vaccine if you have had a severe allergic reaction after a previous dose of the vaccine or if you have had a severe allergic reaction to any of the vaccine ingredients.1,2

A list of ingredients can be found on the official Moderna/Pfizer-BioNTech fact sheets.1,2

Are the vaccines safe?
The COVID-19 vaccines have been thoroughly tested and are safe and effective. During clinical trials, over 70,000 people participated in testing the vaccines, including a small number of Native people. According to CDC, over 188 million people have been fully vaccinated with either the Moderna or Pfizer COVID-19 vaccine as of December 27, 2021.3

How do the vaccines work?
The Moderna and Pfizer vaccines use mRNA technology to start an immune response that helps your body produce antibodies to protect against future infection of COVID-19.

mRNA technology has been studied for decades, and Moderna and Pfizer-BioNTech used this type of science to assist in creating the current vaccines. More information about mRNA vaccines can be found on the CDC website.4

How are the vaccines given?
The vaccines are given in a series of two doses injected into the muscle in your upper arm. After receiving the first dose, you must plan on returning within 28 days (Moderna) or 21 days (Pfizer) for the second dose.

It is recommended that people with moderately to severely compromised immune systems receive an additional dose of an mRNA vaccine to ensure they have the same amount of protection as those without compromised immune systems. If you have a compromised immune system, you should speak with your provider to see if an additional dose is recommended for you.
Will I need a COVID-19 booster shot?

Based on available data, scientists have determined that a booster shot is needed to maintain protection against COVID-19 over time. The vaccines are working well to prevent severe illness and hospitalization as a result of COVID-19, but a booster dose will help give us increased protection from the virus and new variants. Many other vaccines also require booster shots, including the flu shot, HPV vaccine, and Tdap (Tetanus, Diphtheria, Pertussis) vaccine.

Booster shots of the Moderna and Pfizer vaccines are now available under EUA by the FDA. If you are 18 years of age and older and received your second dose of the Moderna COVID-19 vaccine at least 6 months ago, you are now eligible to receive a booster shot. If you are 16 years of age and older and received your second dose of the Pfizer COVID-19 vaccine at least 6 months ago, you are now eligible to receive a booster shot.

The FDA also authorized "mix and match" booster shots for eligible adults. This means that if you are 18 years and older, you may choose to receive the same vaccine type that you originally received or one of the other currently available booster shots (Moderna, Pfizer, or J&J/Janssen). Teens ages 16-17 years old should receive the Pfizer COVID-19 booster shot.

What are the benefits of getting vaccinated?

- We protect ourselves from serious illness and hospitalization.
- We make our families and communities less vulnerable to infection.
- We are significantly less likely to get severe COVID-19 symptoms or fall deathly ill.

What are the risks of getting vaccinated?

Common side effects that have been reported after receiving the vaccines include:

- pain, swelling, or redness at the injection site.
- tenderness and swelling of the lymph nodes in the same arm of the injection.
- headache or fatigue.
- muscle or joint pain.
- chills or fever.
- nausea or vomiting.¹²

Side effects after your second shot may be more intense than the side effects experienced after your first shot. While more serious side effects, such as severe allergic reactions and Bell's palsy, have been reported, these side effects are considered rare. There is currently not enough information to determine if these side effects were caused by the vaccine.⁴

CDC is also monitoring rare reports of heart inflammation, also known as myocarditis or pericarditis, after mRNA COVID-19 vaccination. Cases have been reported more often after the second dose than after the first dose and have occurred more commonly in male adolescents and young adults under the age of 30, typically within several days following vaccination. You should seek medical care if you experience chest pain, shortness of breath, or a fluttering or pounding heart after vaccination. Most patients who developed myocarditis or pericarditis after vaccination responded well and felt better after rest and minimal treatment.⁴

If you have adverse symptoms after receiving your vaccine...

These symptoms typically resolve within 24 hours. Call your provider if any side effects do not go away. In addition, you can report any side effects or concerns directly to the vaccine manufacturer:

For the Moderna vaccine

For the Pfizer vaccine
Report any side effects to Pfizer Inc. at 1–800–438–1985. You can also visit www.cvdvaccine.com or call 1–877–829–2619 for other concerns/questions.

References