


**ALL MY
FRIENDS
GET VACCINATED**



**A COVID-19
VACCINE GUIDE
FOR STUDENTS
& YOUTH**

RISE

Rise is a student-led nonprofit organization dedicated to free college and youth civic participation.

RiseFree.org
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2021

What's in this Guide?

All My Friends is Rise's campaign to get all students and youth vaccinated to end the COVID-19 pandemic. **We need to get everyone vaccinated to stop the spread of COVID-19, and potential new variants of the virus that could be even more dangerous than the ones we have seen so far.**

This is a guide for students & youth to understand the COVID-19 vaccines. Our goal is to explain in easily understandable terms—not scientific jargon—***why it is important for everyone to get vaccinated.*** In this guide, we will answer tough questions you may have about the vaccine itself or the process of getting vaccinated, and how to talk to your friends and family about these topics as well.

To create this guide, we relied on information provided by experts and have linked to the sources directly if you want to do more research on your own. At Rise, we will do our best to update this guide as more comprehensive information becomes available. In the meantime, ***please note that we are learning more about COVID-19 vaccines, and the information published in this guide may change or evolve as we better understand how to bring an end to this pandemic.***

How did scientists create the vaccines so fast?

Scientists worldwide began racing to develop potential vaccines for COVID-19 in the spring of 2020. They did not start from scratch; their work was based on decades of past research focused on vaccine development. Typically, vaccines like the seasonal flu shot can take years or longer to develop. So how did scientists create effective and safe vaccines for COVID-19 in less than a year? In short, companies, governments and nonprofit groups spent more money than ever before to speed up vaccine development. Their unprecedented collaboration also helped cut bureaucracy and red tape.



Vaccines 101

Where did they come from and how do we know they are effective and safe?

Vaccines 101

Everything you need to know about the COVID-19 vaccines.

While the scientists worked quickly, they did not cut corners for effectiveness or safety. These vaccines were subject to the same safety measures and steps in clinical trials as all other vaccines that have been approved for use by the U.S. Food and Drug Administration.

How were the vaccines approved?

Currently, there are three vaccines that have been granted Emergency Use Authorization (EUA) by the Food and Drug Administration (FDA) in the United States. These vaccines were tested for their effectiveness and safety with tens of thousands of volunteers each over several months, and have now been administered to over 150 million Americans.

The process to obtain EUA from the FDA is very rigorous and involves close scrutiny from several researchers and scientists. Only 3 vaccines have been approved in the United States (at least so far) from a pool of 89 potential vaccines that have entered human clinical trials. It is possible that the number of vaccines approved for use will increase as researchers learn more about the best ways to combat COVID-19.

Which vaccines have been approved so far in the United States?

TLDR: The three COVID-19 vaccines approved by the FDA are Johnson & Johnson, Moderna & Pfizer, and are all highly effective at preventing COVID-19, and especially severe cases that could result in hospitalization or death.



Johnson & Johnson: This vaccine is a single shot recommended for adults ages 18 and up. In clinical trials, this vaccine prevented 100% of deaths or hospitalization from COVID-19. The overall efficacy of this vaccine is determined to be 66% globally and 72% in the United States. Both the CDC and the FDA recommended use of this vaccine with the following warning: *"women younger than 50 years old especially should be aware of the rare risk of blood clots with low platelets after vaccination, and that other COVID-19 vaccines are available where this risk has not been seen."*



Moderna: This vaccine requires two shots administered 28 days apart, and is recommended for adults ages 18 and up. In clinical trials, the Moderna vaccine was highly effective. The overall efficacy in clinical trials at preventing COVID-19 is 94%. Although few people who received this vaccine were admitted to the hospital for COVID-19, this happened less often than in the placebo group who did not receive the Moderna vaccine.



Pfizer-NBiotech: This vaccine also requires two shots administered 21 days apart, and is recommended for people ages 12 and older. Based on evidence in clinical trials, this vaccine is 95% effective at preventing laboratory-confirmed COVID-19 in people without previous infections. Additional data from Pfizer demonstrates that this vaccine is also highly effective at preventing hospitalizations and death from COVID-19.

Answering your vaccine questions

FAQ About the COVID-19 Vaccines:

This next section answers commonly asked questions and addresses misconceptions and misinformation that is circulating about the COVID-19 vaccines. Throughout this section, we have provided additional links to information from the CDC and other reliable sources that you can use to "fact check" this report. [Visit Vaccine.gov to find the vaccination site closest to you.](#)

Can I get COVID-19 from a vaccine?

Nope! None of the approved vaccines contain "live virus," and they cannot give you COVID-19.

Will I have side-effects from the COVID-19 vaccine?

Some people experience side effects including pain in the arm where they received the shot, tiredness, headache, chills, and fever; some people have no side effects at all. If you do have side effects, know that these symptoms are completely normal and should go away within a few days. It is much better to have short-term side effects from the vaccine than face the long-term risks that come with getting COVID-19.

Should I get vaccinated if I have already had and recovered from COVID-19?

Yes! You should still get vaccinated because scientists do not yet know how long you will be protected for from potentially getting sick again.

Will the COVID-19 vaccine alter my DNA?

Nope! COVID-19 vaccines do not change or interact with your DNA in any way.

Is the COVID-19 vaccine safe for people who want to become pregnant?

Yes! There is currently no evidence that COVID-19 vaccines cause issues with pregnancy or fertility.

Do the COVID-19 vaccines cost money?

No! The United States government is providing COVID-19 vaccines to all people in the United States free of charge and regardless of health insurance status.

Can I get the vaccine if I am undocumented or have uncertain immigration status?

Yes! The COVID-19 vaccine is available to all people who live in the United States, regardless of immigration status. The Department of Homeland Security has also stated that they support all people receiving the COVID-19 vaccine, regardless of immigration status.

Talking to your friends

How to talk about the vaccine with loved ones:

You can help end the COVID-19 pandemic by encouraging your friends and family members to get vaccinated. It doesn't matter whether you yourself are a doctor or a public health professional; trusted friends and family members are highly persuasive messengers about the vaccine.

Tips for talking to friends and family about the vaccines:

- Ask what questions and concerns they may have, and listen with empathy. This is a crucial first step towards building trust and addressing skepticism about the vaccine.
- Share the reasons that you chose to get vaccinated. Discussing your own personal motivations for getting vaccinated can be highly persuasive, especially for close family and friends.
- If necessary, refer back to the science and links in this report to address misconceptions about the COVID-19 vaccine. Encourage folks to speak with their own doctor or pharmacist if possible.
- Normalize getting vaccinated by talking about it with your friends as well as on social media.
Note: we recommend you do not post pictures of your vaccine card to avoid sharing sensitive data.
- Communicate that we all need to get vaccinated in order to end the pandemic. If not enough people get vaccinated, the virus could continue circulating and become more dangerous.

What is safe to do once you have been vaccinated?

You are considered fully vaccinated two weeks after completing the second dose of your Moderna or Pfizer vaccine or two weeks after completing the single dose of the Johnson and Johnson vaccine. Below is a summary of safe activities for fully vaccinated people, but people who are immunocompromised should check with a doctor to discuss their activities and return to daily life.

- Resume normal activities you did before the pandemic without wearing a mask (except in locations where it is mandated by federal, state, local, tribal laws or rules).
- Travel without getting tested prior to traveling or afterwards, and without the need to quarantine after traveling.
- If you have been around someone with COVID-19, you do not need to get tested or avoid others *unless you have symptoms of COVID-19*.
- While traveling, you are still required to wear a mask on planes, buses, trains and other forms of public transportation.

Learn more & help out

Visit RiseFree.org/Vaccine for the latest

Starting June 1st, Rise is launching a number of programs to encourage students and youth to get vaccinated. Those efforts include hiring students and youth to serve as Rise Vaccine Ambassadors, raffling away scholarships to pay for college, and other activities to be announced. You can find more information about Rise's vaccine education and mobilization work on our [website](#), [Instagram](#), and [Twitter](#). Together, we can get everyone vaccinated and end the COVID-19 pandemic for good.

**ALL MY
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**GET VACCINATED
CAN HUG SAFELY
GO TO CLASS (IN PERSON)
SEE FAMILY MEMBERS
HELP END COVID-19**

RISE