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IMMUNIZATION RESEARCH AND EDUCATION

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HELP

Why college students should get a COVID-19 vaccine

WHY DO COLLEGE STUDENTS NEED TO GET VACCINATED?

- Many young people will experience persistent COVID symptoms months after their initial illness.
- Young adults are responsible for most of COVID-19 spread.
- College students congregate in group settings where the COVID-19 virus can easily spread.
- The Delta Variant, the most common variant in ND, is highly contagious (may cause more than 2x as many infections as previous variants) and may lead to more serious disease.
- Getting vaccinated will prevent infections and help limit the spread of disease, keeping college students and staff safe.

COVID-19 VACCINES ARE SAFE!

- COVID-19 vaccines have been shown to be very safe.
- It is normal to have some side effects after receiving the vaccine. Side effects are typically mild and include injection site pain, swelling or redness, mild fever, chills, fatigue, headache and muscle and joint aches. These will usually go away in a day or two.
- While COVID-19 vaccines have been linked to rare, more serious side effects, the benefits of vaccination outweigh the risks associated with COVID-19.
- There is no evidence that the COVID-19 vaccine can lead to infertility. For more information about vaccines and infertility, visit **www.health.nd.gov/C19vaccine-and-infertility**.

COVID-19 VACCINES ARE EFFECTIVE!

No vaccine is 100% effective. However, COVID-19 vaccines are the best way to protect yourself and those around you from this virus (including the Delta variant). The vaccines continue to provide significant protection against severe disease, hospitalization and death; virtually all recent COVID-19 hospitalizations and deaths are among unvaccinated people.

COVID-19 VACCINES ARE FREE!

There should be no out-of-pocket costs for COVID-19 vaccine. It is possible that health care providers may charge a fee to administer the vaccine; health insurance will cover any potential fee. Those who are uninsured and/or unable to pay the administration fee will not be turned away.

YOU NEED THE COVID VACCINE, EVEN IF YOU HAVE ALREADY HAD COVID.

The CDC recommends that everyone be vaccinated, regardless of whether they already had COVID-19 because:

- Recent data shows that unvaccinated people are more likely to become reinfected with COVID-19 than those who are vaccinated.
- COVID-19 vaccines provide a stronger and more consistent immune response than natural infection.
- We do not know how long protection from COVID-19 lasts after an infection.
- It is nearly impossible to predict who is at risk for reinfection among previous positives.
- Being vaccinated may protect you against the variant strains of COVID.

HOW ELSE CAN COLLEGE STUDENTS HELP PREVENT THE SPREAD OF COVID-19?

Other ways to prevent the spread of the COVID-19 include wearing a face mask, practicing social distancing of at least 6 feet, avoiding large gatherings, cleaning frequently touched surfaces, minimizing touching eyes, nose, and mouth, and washing your hands frequently with soap and water.

WHERE CAN I LEARN MORE?

For more information about COVID-19 vaccines, visit **www.ndsu.edu/centers/immunize** or **www.health.nd.gov/immunization-guidance-public**.