



mRNA (Messenger RNA) Vaccines

(Pfizer-BioNTech / Moderna)

Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

Pfizer-BioNTech

Effectiveness: 91%

Common Side Effects: Pain and/or swelling at injection site, fatigue, headache, muscle pain, mild flu-like symptoms.

Number of Doses: 1 - 3 (Dosage may vary according to age and immune function).

Moderna

Effectiveness: 94%

Common Side Effects: Pain and/or swelling at injection site, fatigue, headache, muscle pain, mild flu-like symptoms.

Number of Doses: 1 - 2 (Dosage may vary according to age and immune function).



Protein Subunits (Novavax)

Protein subunits use pieces of a virus surface to focus your immune system on a single target.

Novavax

Effectiveness: 90%

Common Side Effects: Pain and/or swelling at injection site, fatigue, headache, muscle pain, mild flu-like symptoms.

Number of Doses: 1 - 2 (Dosage may vary according to age and immune function).

“Can I mix and match COVID-19 vaccines?”

Answer: YES!

You CAN mix and match COVID-19 vaccines. Please talk to your doctor or health care provider for more information on mixing vaccines.



A Guide for Seniors: Understanding NEW COVID-19 Vaccines

Department of Public Health
and
Aging and Adult Services



Are you currently protected from COVID-19?

COVID-19 vaccines teach our immune system how to fight the virus that causes COVID-19. While it's possible to contract COVID-19 after vaccination, symptoms are likely to be less severe.

Vaccination offers the best protection against new variants, long COVID, hospitalization, and death.

Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever and/or headache. These symptoms are normal and signs that the body is building immunity.

There are currently three COVID-19 vaccines available, Pfizer-BioNTech, Moderna, and Novavax.

*Novavax is not available in San Bernardino County.



Monovalent vs. Bivalent

The latest COVID-19 vaccines are what is known as **monovalent**; meaning they are made from only one strain of the virus. The previous vaccines were known as **bivalent** and contained components from both the original strain and Omicron variants.

In September and October of 2023, the FDA approved and authorized the **latest** COVID-19 vaccines. The updated vaccines target currently circulating COVID-19 variants; including the **XBB.1.5** lineage.

The 2023 - 2024 vaccine is a single dose vaccine for most people.



Homebound?

1 (888) 743-1485

Call for in-home vaccinations for homebound residents, their families, and Caretakers.

**Available Monday - Friday,
8 a.m. - 5 p.m.**



Senior Information Assistance Hotline (800) 510-2020

Call for senior information assistance.

**Available Monday - Friday,
8:30 a.m. - 5 p.m.**



Elder/Dependent Adult 24-hour Hotline (877) 565-2020

Call if you suspect elder or dependent adult abuse.

**Available 24-hours a day, 7 days
a week.**

California COVID-19 Hotline

1 (833) 422-4255