



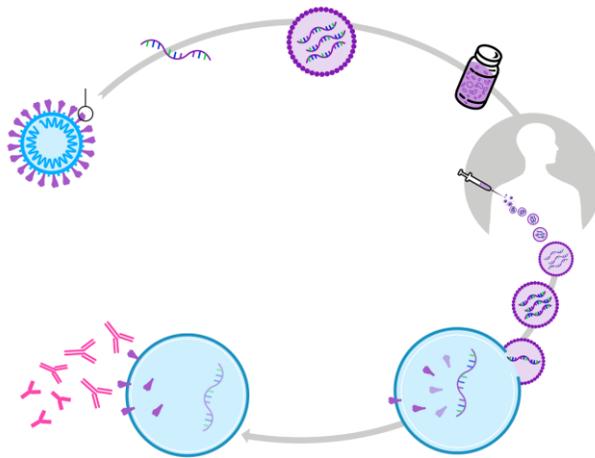
From the Eastside Church of Christ (Garland, TX) Health Ministry

Questions to ask yourself before getting a COVID-19 vaccine and How mRNA vaccines work

There is reluctance in taking the COVID-19 vaccine and at the same time we want life to get back to normal. While you consider if taking the vaccine is right for you, here are a few questions to ask yourself:

1. Do I think that getting the vaccine would be worse than getting COVID-19 itself?
2. Do I risk getting the disease and what it may do to my body?
3. Do I risk getting the disease and transmitting it to someone else, such as my loved ones?
4. What side effects should I expect from the vaccine?
5. Have I considered the unknown potential side effects of the vaccine?

How the 2 mRNA vaccines by Moderna and Pfizer work:



When you receive the vaccine, you are injected with fatty globes filled with mRNA. mRNA, like DNA, is instructions for the body to make something. In this case, the mRNA instructs the body to make spike proteins, located on the surface of the COVID-19 virus. Once these spike proteins are made, our immune system recognizes them as foreign, attacks them and memorizes them. So, if we encounter the COVID-19 virus in the future, which is covered in spike proteins, our body will quickly recognize and kill it. mRNA is broken down by our bodies within days of receiving the vaccine. Without the vaccine, when we encounter COVID-19, our body will recognize the virus as foreign, attack it and memorize it, while the live virus will have days to make copies of itself and cause damage.

References:

1. Understanding mRNA COVID-19 Vaccines. National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html>
2. Image: <https://assets.bwbx.io/images/users/iqjWHBFdfxIU/i.ohdgzKxFFo/v0/-1x-1.png>