



COVID-19 VACCINE SAFETY

as of 13 July 2021

WHAT TO KNOW ABOUT VACCINES

COVID-19 vaccines available in the United States **reduce hospitalization, death and symptomatic illness due to all variants**. All vaccines in the U.S. approved for COVID-19 are effective against COVID-19 and its variants:

- The Pfizer mRNA vaccine is approximately **88% effective** at preventing symptomatic infection for Delta and **96% effective** at preventing hospitalization/death **after 2 doses**
- A **single dose** Pfizer mRNA vaccine is **partially protective**
 - 33% against symptomatic illness
 - 94% against hospitalization and death
- The CDC has not recommended booster shots at this time
- Initial research in laboratories shows the Moderna mRNA vaccine & the J&J vaccine both produce antibodies that act against the original SARS-CoV-2 virus (the virus that causes COVID-19 disease) and all of its known variants.

With the rise of the Delta variant:

- Unvaccinated populations are at high risk of infection from this variant
- Delta caused spikes in COVID-19 deaths in countries with low vaccine rates, but no spike was seen in countries with high vaccine rates.

Source: [Centers for Disease Control & Prevention](#)



LEARN MORE: MYOCARDITIS & PERICARDITIS

Myocarditis is inflammation of the heart muscle, and **pericarditis** is inflammation of the outer lining of the heart. In both cases, the body's immune system causes inflammation in response to an infection or some other trigger.

As of June 24, 2021, Defense Health Agency is following **30 cases** of myocarditis/pericarditis associated with COVID-19 vaccinations in service members. This is **out of 2.8 million vaccine doses administered** to service members across the Defense Department.

- For comparison, the risk of a fit athlete contracting myocarditis/pericarditis from any cause, for example a viral illness such as a cold, is 1 to 2%.
- Therefore, the risk of getting myocarditis/pericarditis is more than 100 times greater living your normal life than it is getting it from the COVID-19 vaccine.

What happens if someone gets myocarditis/pericarditis from the vaccine? Symptoms develop the second week after the vaccine and then rapidly recover. The person should not engage in vigorous physical activity for 3 months as a precaution.

Sources: [Centers for Disease Control & Prevention](#); CDC webpage [Myocarditis and Pericarditis Following mRNA COVID-19 Vaccination](#); & Air Force Medical Readiness Agency briefings