



## The safety of mRNA vaccines: Suggested talking points

- **The benefits of COVID-19 vaccines greatly outweigh the risks.**
  - Like every medical intervention, vaccination can come with adverse effects. But serious side effects from COVID-19 vaccines are rare and are greatly outweighed by the benefits of being vaccinated.
  - The risk of stroke and heart attack after COVID-19 infection is lower, not higher, in vaccinated people, as confirmed by cardiovascular experts.
  - Myocarditis, or heart inflammation, is a real but rare risk for adolescents. The benefits of the primary vaccine series continue to outweigh the risks for this age group. Safety data so far also supports bivalent boosters for adolescents.
  - Adults who are up to date on their COVID-19 vaccines are [nearly eight times less likely](#) to die from the virus than people who are unvaccinated.
  - Vaccination is also associated with [lower risk of long COVID](#).
- **U.S. health agencies continue to closely monitor COVID-19 vaccine safety.**
  - The CDC and FDA use a variety of tools to monitor COVID-19 vaccines for potential risks in real time.
  - When these monitoring systems pick up on an increase in adverse events, scientists look deeper into the data to determine if the increase is caused by vaccination or if it's a coincidence.
  - The authorized COVID-19 vaccines have all met the FDA's rigorous standards for safety and effectiveness and continue to be monitored closely.
- **mRNA vaccines are safe and provide valuable protection.**
  - Pfizer's and Moderna's COVID-19 vaccines continue to protect against serious illness, hospitalization, and death.
  - The effectiveness of these vaccines wanes over time, so staying up to date on vaccines ensures that you are as protected as possible.
  - All mRNA vaccine ingredients are safe and leave the body after they help trigger an immune response.
  - COVID-19 vaccines, including mRNA ones, do not contain a live virus and will not give you a COVID-19 infection.



## The safety of mRNA vaccines: Frequently asked questions

### 1. Should adolescents get vaccinated against COVID-19?

Yes. Adolescents face a greater risk of myocarditis after COVID-19 vaccination compared to other age groups, but the risk remains rare. The FDA and CDC continue to recommend COVID-19 vaccination for adolescents, as the benefits clearly outweigh the risks when it comes to getting the primary vaccine series. We still don't have much data around bivalent boosters and their risks for adolescents, but so far data supports adolescents receiving the updated boosters, as they have reduced the risk of hospitalization and death for this age group.

### 2. Should healthy children get vaccinated against COVID-19?

Yes. The FDA and CDC [recommend](#) COVID-19 vaccination for everyone ages 6 months and older. Boosters are also recommended for kids as young as 6 months old. Staying up to date on COVID-19 vaccines is important even for healthy children, as the virus has been a [leading cause of death](#) among children and teens. Since the start of the pandemic, COVID-19 has killed more than 1,400 children, and data shows that unvaccinated children are more likely to be hospitalized or die from the virus. COVID-19 is also far deadlier than many diseases that children are routinely vaccinated for, including tetanus, chickenpox, and measles.

### 3. Do COVID-19 vaccines still work?

Yes. The effectiveness of Pfizer's and Moderna's COVID-19 vaccines wanes over time, but they continue to prevent serious illness, hospitalization, and death. The latest data shows that adults who are up to date on their COVID-19 vaccines are [nearly eight times less likely](#) to die from the virus than people who are unvaccinated. Vaccination has also been associated with [lower risk of long COVID](#), which can affect all age groups.