

- Vomiting
- Muscle ache, joint aches, and stiffness
- Pain or swelling at the injection site
- Feeling very tired
- Chills
- Fever
- Swelling/tenderness of the underarm glands on the same side as the injection site
- Headache
- Nausea

**What are the possible side effects?**  
 Like all medicines, this vaccine can cause side effects, although not everybody gets them. Most side effects go away within a few days of appearing. If side effects such as pain and/or fever are troublesome, they can be treated by medicines for pain and fever such as paracetamol.  
 Common side effects include:

**What Is Moderna Vaccine**  
 The Moderna COVID-19 vaccine, codenamed mRNA-1273 is sold under the brand name Spikevax. It is a COVID-19 vaccine developed by American company Moderna, Spikevax is a vaccine used to prevent COVID-19 caused by SARS-CoV-2.  
 As Spikevax does not contain the virus, it cannot give you COVID-19

**How The Vaccine Works**  
 Moderna Spikevax stimulates the body's natural defences (immune system). The vaccine works by causing the body to produce protection (antibodies) against the virus that causes COVID-19. Spikevax uses a substance called messenger ribonucleic acid (mRNA) to carry instructions that cells in the body can use to make the spike protein that is also on the virus. The cells then make antibodies against the spike protein to help fight off the virus. This will help to protect you against COVID-19

**What Ages Can Receive This Vaccine?**  
 Moderna is only licensed for people aged 18+ and not recommended for children aged under 12

**I Have To Be Careful With My Salt Intake, Will Moderna Spikevax Affect This?**  
 Moderna contains less than 1 mmol (23 mg) sodium per dose and, that is to say, essentially 'sodium-free'

**Does the vaccine contain any animal products/ I am a vegetarian can I have the vaccine?**  
 There are no animal products in this vaccine

**How Effective is the Moderna Vaccine?**  
 The Moderna vaccine has been shown to have an efficacy of approximately 94.1 per cent in protecting against COVID-19, starting 14 days after it is administered.

**If I have had Astra Zeneca or Pfizer for my 2 primary doses is it safe to have the Moderna vaccine as my booster/3rd dose?**  
 Yes it is fine to have the Moderna vaccine as your booster or 3<sup>rd</sup> dose

# Covid Vaccine Myths (Moderna)

- More information:
- [www.gateshead.gov.uk/communitychampions](http://www.gateshead.gov.uk/communitychampions)
  - One You Gateshead: [www.facebook.com/OneYouGateshead](https://www.facebook.com/OneYouGateshead) [www.twitter.com/OneYouGateshead](https://www.twitter.com/OneYouGateshead)
  - Gateshead Council [www.gateshead.gov.uk/Coronavirus](http://www.gateshead.gov.uk/Coronavirus)
  - Beat Covid North East: [www.beatcovidne.co.uk](http://www.beatcovidne.co.uk)
  - NHS [www.nhs.uk/](http://www.nhs.uk/)
  - GOV UK [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

# Benefits and risks of the vaccination

Age	Risk from COVID-19	Risk of vaccination	Benefit of vaccination
50 years of age or older or with underlying medical conditions	Very high – hospitalisation, intensive care admission, death	Uncommon – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – more than 80% reduction: deaths, hospitalisation, intensive care
	Moderate – long COVID	Extremely rare – clotting problems (around 1 in 100,000 first doses)	2 doses – more than 95% reduction: deaths
	Low – chance of catching and spreading infection		
40 to 49 years of age	High – chance of catching and spreading infection	Common – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – more than 80% reduction: deaths, hospitalisation, intensive care
	Moderate – hospitalisation, intensive care admission, death, long COVID	Extremely rare – clotting problems (around 1 in 100,000 first doses)	2 doses – more than 95% reduction: deaths
30 to 39 years of age	High – chance of catching and spreading infection	Common – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – between 60% and 70% reduction: catching and passing on infection
	Moderate – long COVID	Extremely rare – clotting problems (around 1 in 50,000 first doses)	2 doses – more than 85% reduction: catching and passing on infection
	Low – hospitalisation, intensive care admission, death		
18 to 29 years of age	Very high – chance of catching and spreading infection	Very common – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – between 60% and 70% reduction: catching and passing on infection
	Moderate – long COVID	Extremely rare – clotting problems (around 1 in 50,000 first doses)	2 doses – more than 85% reduction: catching and passing on infection
	Very low – hospitalisation, intensive care admission, death		