Why College Students Should Get a COVID-19 Vaccine

Why do college students need to get vaccinated?

- COVID-19 is an infectious, respiratory disease that can cause a wide range of symptoms – from mild symptoms to severe illness. Many young people will continue to experience persistent symptoms of COVID months after their illness.
- College students congregate in group settings where the COVID-19 virus can easily spread.
- The Delta variant, the most common variant in ND, is highly contagious (may cause more than 2x as many infections as previous variants) and may lead to more serious disease.
- Getting vaccinated will prevent infections and help limit the spread of disease, keeping college students and staff healthy!

COVID-19 vaccines are SAFE!

- COVID-19 vaccines have been shown to be very safe.
- It is normal to have some side effects after receiving the vaccine. Side effects are typically mild and include pain, swelling/redness, mild fever, chills, fatigue, headache, and muscle and joint aches. These will usually go away in a day or two.
- COVID-19 vaccines have been linked to rare, more serious side effects. However, the benefits of vaccinating continue to far outweigh the risk associated from COVID-19 infection.
- ***There is no evidence that the COVID-19 vaccine can lead to infertility***. To read more about COVID-19 vaccines and infertility, please see the NDDoH *COVID-19 Vaccines & Infertility* handout here.

COVID-19 vaccines are EFFECTIVE!

No vaccine is 100% effective. However, COVID-19 vaccines are very effective and help prevent severe disease, hospitalization, and death. Vaccines are the best way to protect yourself and those around you from this virus (including the Delta variant) - the majority of COVID-19 hospitalizations and deaths are among unvaccinated people.

COVID-19 vaccines are FREE!

There should be no out-of-pocket costs for COVID-19 vaccine. It is possible that health care providers may charge a fee to administer the vaccine, but health insurance will cover these fees. Those who are uninsured and unable to pay the administration fee cannot be turned away.

You need the COVID vaccine, even if you have already had COVID.

The CDC recommends that everyone be vaccinated, regardless of whether they already had COVID-19 because:

- We do not know how long protection from COVID-19 lasts after an infection.
- Recent data shows that unvaccinated people are more likely to become reinfected with COVID-19 than those who are vaccinated.
- Immunity after a COVID-19 infection is unpredictable.
- COVID-19 vaccines provide a stronger and more consistent immune response than natural infection.
- Being vaccinated may protect you against the variant strains of COVID.

How else can college students help prevent the spread of COVID-19?

Other ways to prevent the spread of the COVID-19 include:

- wearing a face mask,
- practicing social distancing of at least 6 feet,
- avoiding large gatherings,
- cleaning frequently touched surfaces,
- minimizing touching eyes, nose, and mouth, and washing your hands frequently with soap and water!