

## Do COVID-19 vaccinations help with long term effects of COVID-19?

### Yes they do!

It has been noted that COVID-19 vaccinations help with the severity of COVID-19 if contracted. COVID-19 vaccinations also help protect you from getting the virus at all. People who have been fully vaccinated and receive a booster dose have roughly 50% protection from infection with the omicron variant. Many of the long term effects of COVID such as anxiety, post traumatic stress disorder (PTSD), and depression have their roots in extended ICU stays due to COVID-19 infection. Since vaccinations help decrease hospitalizations of COVID by up to twelve times, they are also preventing many of the long-term effects that these hospitalizations cause.

## Do COVID-19 vaccinations cause infertility?

### No they don't!

There has been no evidence to support this claim. This myth about the COVID-19 vaccine originated from a social media post and there have been numerous clinical trials in both men and women which have not shown any data towards this. Of the studies done for women there was no loss of fertility and many of the women who took part in the trials became pregnant after receiving the vaccine. The trials that have been done with men have found that receiving the vaccine had no impact on semen. There have been additional trials which have concluded that contracting the COVID-19 virus could negatively impact male fertility.

## A Shot for Alabama Support



For help with COVID-19 vaccine questions, concerns, and assistance with vaccine scheduling, you can contact the Shot for Alabama Call Center:

**334-844-2018**



For More Information on COVID-19 Vaccines and Resources, please visit our webpage:

**<https://aub.ie/shot4alabama/>**



A Shot for Alabama is a collaboration between the Harrison College of Pharmacy and the Alabama Cooperative Extension System



**AUBURN UNIVERSITY**  
Harrison College of Pharmacy



# VACCINATION IN YOUNG AND HEALTHY ADULTS



# A SHOT FOR ALABAMA



# All young and healthy adults should be vaccinated for COVID-19



## Can young and healthy adults get severe cases of COVID-19?

**Yes they can!**

Young adults between the ages of 18-29 have the highest rate of infection among age groups with COVID-19, accounting for 21.6% of all COVID-19 cases. Among young adults, one third are at risk for getting a severe COVID-19 infection. **Even with one third of young adults being at risk for severe COVID-19 infection this age group still accounts for the amount of vaccinations within those over the age of 18.**

## Do COVID-19 vaccinations help with the severity of COVID-19?

**Yes they do!**

COVID-19 vaccination not only decreases the likelihood of getting the virus in the first place, but it also lowers the severity of the infection if you do get the virus. The amount of people hospitalized who have not been vaccinated is nearly 12 times higher than for those who have been fully vaccinated.

## Do young and healthy people experience long term issues from COVID-19?

**Yes they can!**

While at lower risk than elderly people to develop long term complications, young adults with even mild cases of COVID-19 can experience symptoms lasting months after infection. The list of long-term effects of COVID-19 could grow with new variants being discovered and research studies ongoing. Currently young adults are at risk for long term complications such as but not limited to:



<b>Depression</b>	<b>Anxiety</b>
<b>Memory, concentration, or sleep problems</b>	<b>Long-term breathing problems</b>
<b>Heart complications</b>	<b>Kidney damage</b>
<b>Fatigue</b>	<b>Blood clots</b>