



## Informationen rund um die mRNA-Impfung gegen SARS-CoV-2

Please complete the following in capital letters:

Name, first name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### Why get vaccinated?

- Vaccination against COVID-19 provides protection against severe disease progression due to SARS-CoV-2 infection. COVID-19 can cause prolonged late effects and in some cases can be fatal.
- Your vaccination protects your family members, colleagues and friends. Study data show that transmission of the virus is reduced by vaccination.
- Vaccinated people enjoy more freedom than non-vaccinated people in many countries. It is up to the private sector how it regulates access to cinemas, concerts, flights, etc.

### How does vaccination with an mRNA vaccine work?

- The vaccine stimulates the immune system of the vaccinated person. The mRNA vaccine provides the body with the necessary information to build one of the "spikes" on the viral envelope itself.
- The immune system now produces defence cells and can effectively fight the virus in case of infection.

### Does a vaccination work immediately?

- The immune system needs time to adjust to fight the virus effectively. It is necessary after vaccination to keep the risk of infection as low as possible. Two weeks after the last vaccination dose you count as immunized or fully vaccinated.
- Another booster vaccination may be necessary in the future to maintain this status. For many, the so-called booster is already recommended now.

### What vaccination reactions can occur?

The purpose of vaccination is to stimulate the immune system. In case of a particularly fast and strong response of the immune system, a so-called vaccination reaction may occur. The health impairment of the vaccinated person is usually short-term. These vaccination reactions are often more pronounced after the second vaccination than after the first vaccination dose.

### Typical vaccination reactions with mRNA vaccines:

- |  |                     |
|--|---------------------|
| • Pain / swelling / redness at the injection site: | 60%                 |
| • Fatigue / headache:                              | 50%                 |
| • Muscle pain / lymph node swelling:               | 40%                 |
| • Increased temperature / chills                   | 30%                 |
| • Indisposition / Nausea                           | 20%                 |
| • Vomiting / diarrhea / fever                      | 10%                 |
| • Menstrual irregularities                         | (frequency unknown) |

### What are the risks of infection/vaccination?

- The new SARS-CoV-2 virus has spread worldwide. It is highly contagious. Therefore, everyone must expect to become infected over time.
- People react differently to the infection - some develop no or only very mild symptoms, others become seriously ill, some suffer long-term consequences such as exhaustion and shortness of breath, and some die from the Covid 19 infection. So far, there is no reliable method to estimate which person will be affected by a Covid 19 infection and to what extent.
- Vaccination also triggers vaccination reactions, but these are usually considerably milder than the infection symptoms and only of short duration. Overall, the risks of the COVID-19 disease are to be assessed as considerably greater and more unpredictable than the risks of vaccination.

### What serious vaccination complications are known?

- Allergic immediate reactions (anaphylaxis)
- myocarditis or pericarditis
- Damage to the nerves (facial paresis / Guillain-Barre)

### What should I do in case of a vaccination complication?

If you notice **warning symptoms** (see list below without claiming to be complete) after the first usual vaccination reactions have subsided after 4 - 16 days, please contact a doctor immediately, call the medical on-call service on 116 117 or contact the emergency services on 112.

### Warning symptoms after COVID-19 vaccination:

- Shortness of breath / chest pain
- Paralysis
- Hemorrhages on the skin
- severe headache later than 4 days after vaccination
- Abdominal Pain
- Swelling in the arms or legs.

### Who should seek individual medical advice?

- People who have experienced severe allergic reactions (anaphylactic shock).
- Anyone who has information needs or concerns due to conditions such as thrombosis or chronic illness.



### How long does the protective effect of the vaccination last?

- Studies show that all approved vaccines offer good protection against severe disease. How long the vaccine protection lasts can currently only be said for the period monitored to date and is being continuously investigated. It can be assumed that the vaccinations provide basic immunity, which will also mitigate the course of the disease in the future. The currently approved vaccines can at best provide complete protection against infection and contagion in the first weeks and months after the last vaccination.
- The extent to which an adjustment of the vaccine, further boosters in the future and additional measures will be necessary can only be said in the future.

### How and how often is the vaccine administered?

- The vaccine is injected into the upper arm muscle.
- With the Biontech & Moderna vaccination, a second vaccination is required after a minimum of 3 weeks (Biontech) or 4 weeks (Moderna) up to a maximum of 6 weeks.
- A combination of the vaccine with one or more other inactivated vaccines (e.g. influenza) is harmless according to the STIKO. An interval of 14 days should be observed with live vaccines (e.g. measles).

### Who should receive a booster vaccination?

- Booster vaccination is also recommended for certain groups of people. Currently, the following persons should be boosted with priority:
  - Persons aged  $\geq 60$  years
  - People with serious chronic diseases
  - Nursing staff / medical staff but also private persons with close contact to risk groups.
  - Persons previously vaccinated with a vector vaccine (Astrazeneca / Johnson&Johnson).
  - Residents and persons cared for in nursing homes.
- The booster vaccination with an mRNA vaccine should usually be given 6 months after completion of the basic immunization. However, it can also be administered earlier after medical consideration with regard to the risk of a patient.

### Who should NOT get vaccinated?

Not to be vaccinated, however:

- Children and adolescents under 12 years
- Patients with a fever of  $38.5^\circ$  or more
- Patients who have not tolerated the first vaccination or have had a clear allergic reaction.

### When can convalescents get vaccinated?

People who have already been infected with SARS-CoV-2 can be vaccinated at the earliest 1 month after infection and should receive a booster vaccination at the latest 6 months after infection. In such cases, the individual risk and infection situation must always be weighed up. We will be happy to advise you in detail.

**Further up-to-date information on vaccines and vaccination can be obtained, for example, from the RKI at the Internet address given below. We kindly ask you to also take note of this information if required.**



<https://www.rki.de/DE/Content/Infekt/Impfen/vaccinationsAZ/COVID-19/COVID-19.html>

If you suspect that you have suffered an unusually strong or unusual vaccination reaction or side effect, we will be happy to advise you. We ask you to report your symptoms e.g. via the following federal website or the SafeVac 2.0 app of the Paul Ehrlich Institute:



[https://nebenwirkungen.bund.de/nw/DE/home/home\\_node.html](https://nebenwirkungen.bund.de/nw/DE/home/home_node.html)

### Information conducted on:

Berlin,

Date, place

Doctor's signature, stamp

Signature patient  
(or the legal representative)