THE ABCs OF VACCINES

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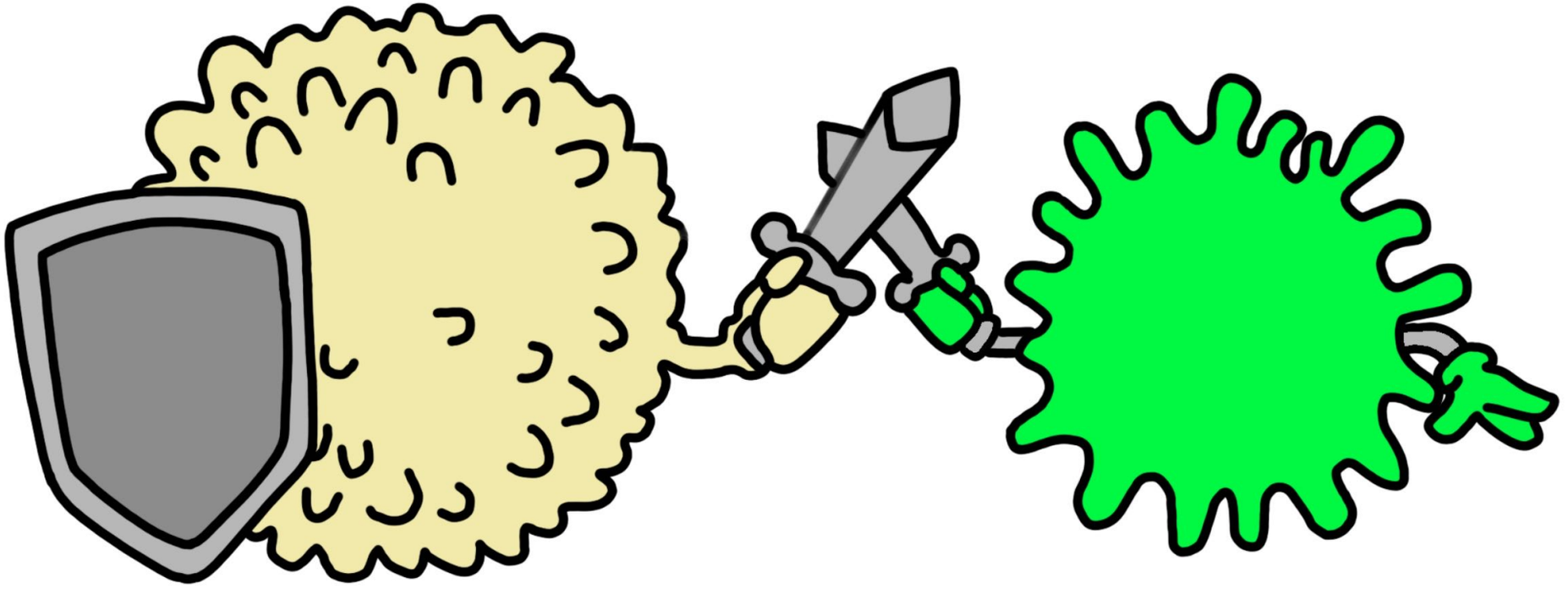
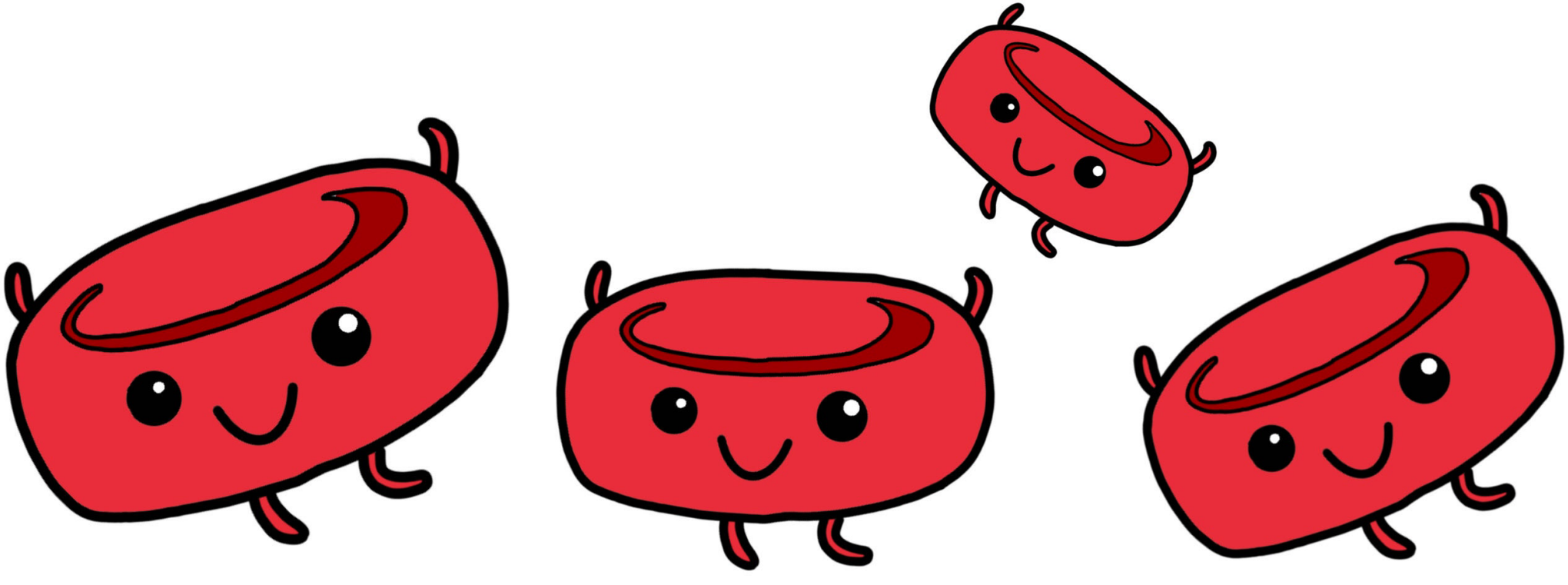
A is for antibodies. Antibodies are made by your immune system to hunt for and fight against infectious diseases. Vaccines help your body make antibodies by exposing you to small, safe pieces of the virus so you can fight the real virus in the future.



B is for blood cell. These cells travel through your bloodstream, and there are a few different types. Some blood cells bring nutrients and remove waste from your tissues, while others help you to fight infections.



C is for CDC. The CDC, also known as the Centers for Disease Control and Prevention, is an important part of our government. The CDC specializes in protecting the public from communicable diseases, meaning diseases that can pass amongst humans and animals.

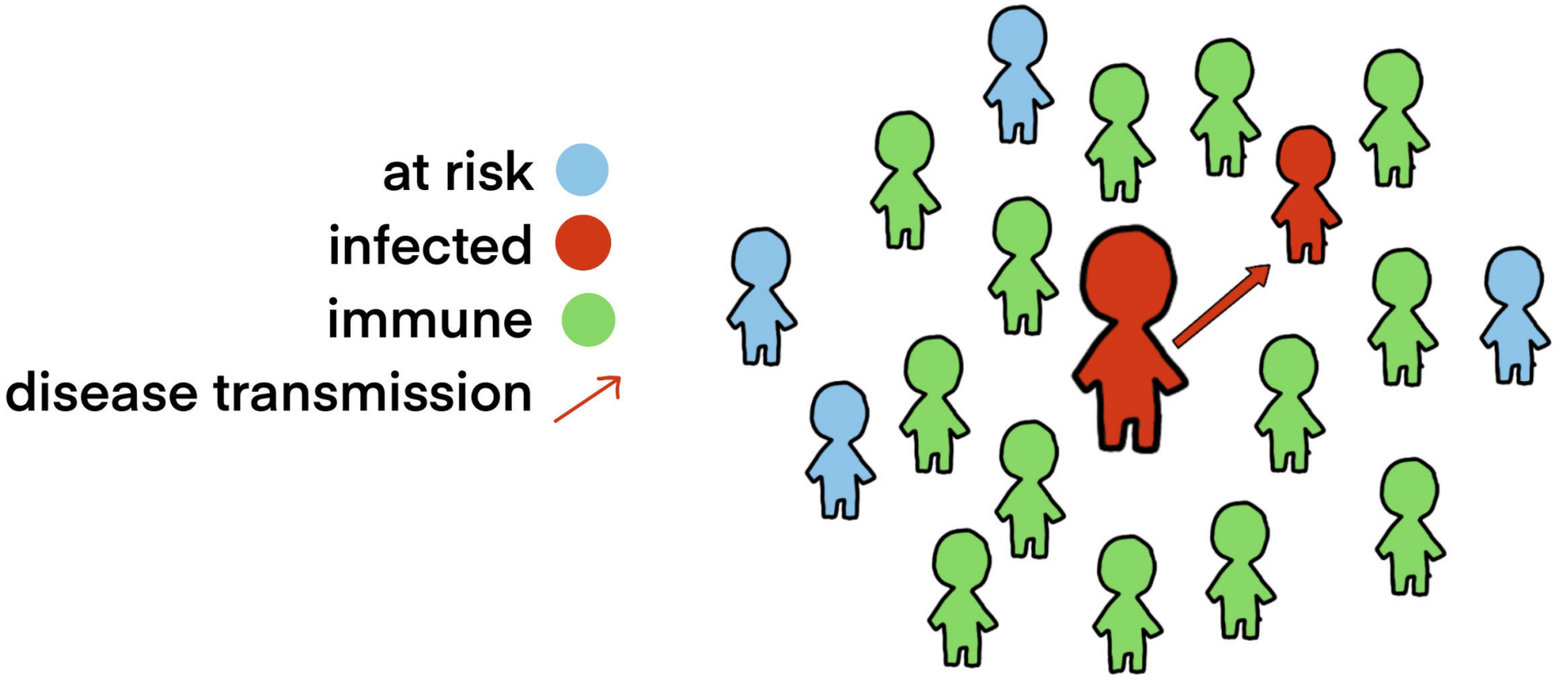
D is for dosage. A dosage is a measurement that tells you how much of your medicine you should take for it to be both effective and safe. For the COVID-19 vaccine, the correct dosage is two shots.

E is for effects. As with any medication, it is important to be aware of any possible side effects. The COVID-19 vaccine is very safe. The most common side effects are very minor, such as a sore arm or a slight temperature.

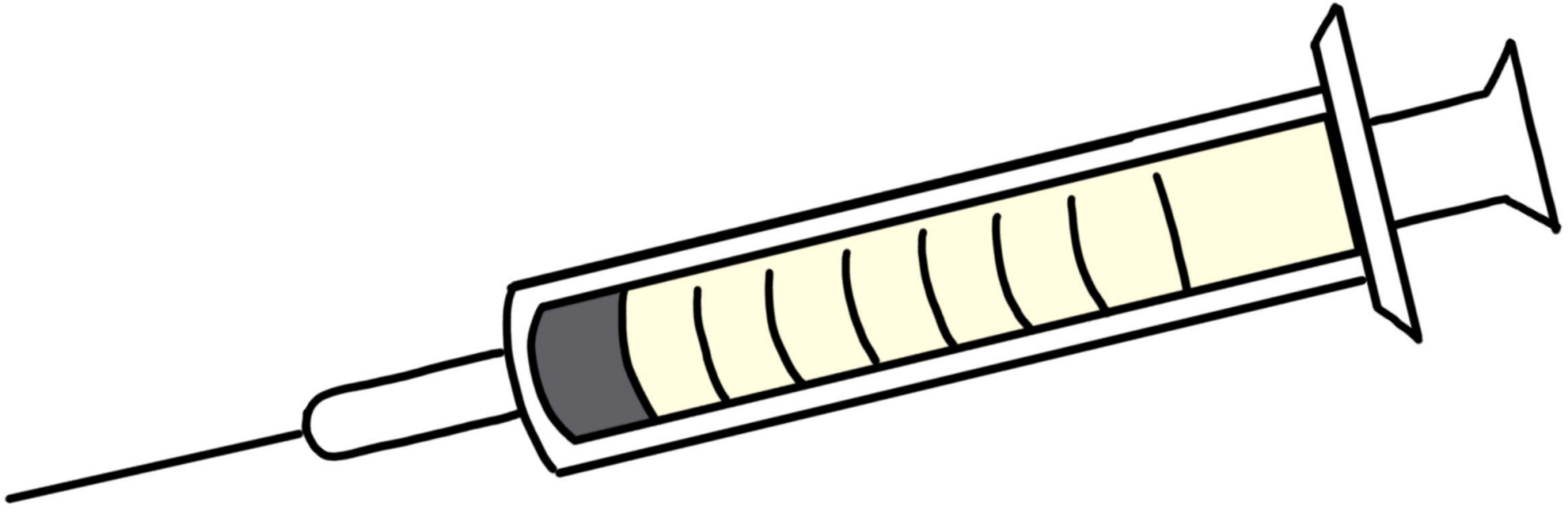
F is for front-line health workers. These are people who are regularly exposed to the pandemic, such as doctors, paramedics, and nurses. It will be very important to make sure that front-line workers have access to the vaccine so that they can stay safe.

G is for government. The government consists of a group of politicians who devote their time to maintain law and order within the country. During this time, the government is working alongside the CDC in order to protect the public from the coronavirus.

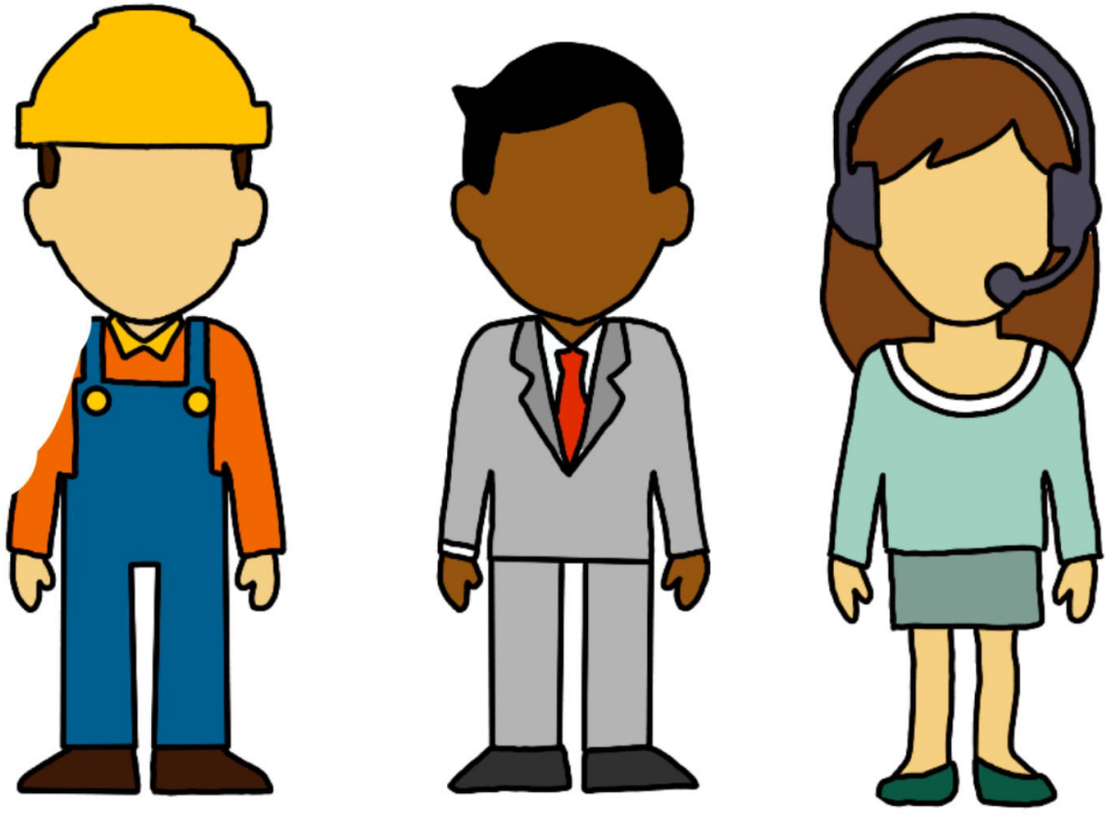
H is for herd immunity. If enough people get the vaccine, we can protect our whole population from the virus. When almost everyone is vaccinated, the virus cannot spread easily. This protects people who cannot receive the vaccine, such as those with cancer or weak immune systems.



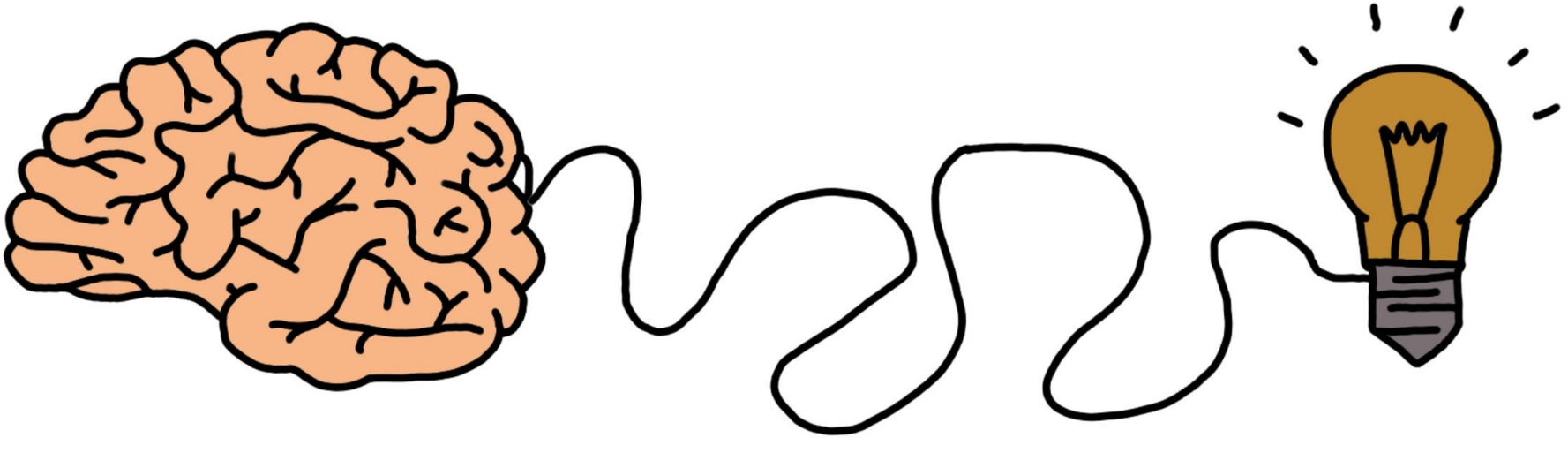
I is for injection. The COVID-19 vaccine is an injection. For most people, it will go into your arm, just like any other shot you've gotten at the doctor's office.



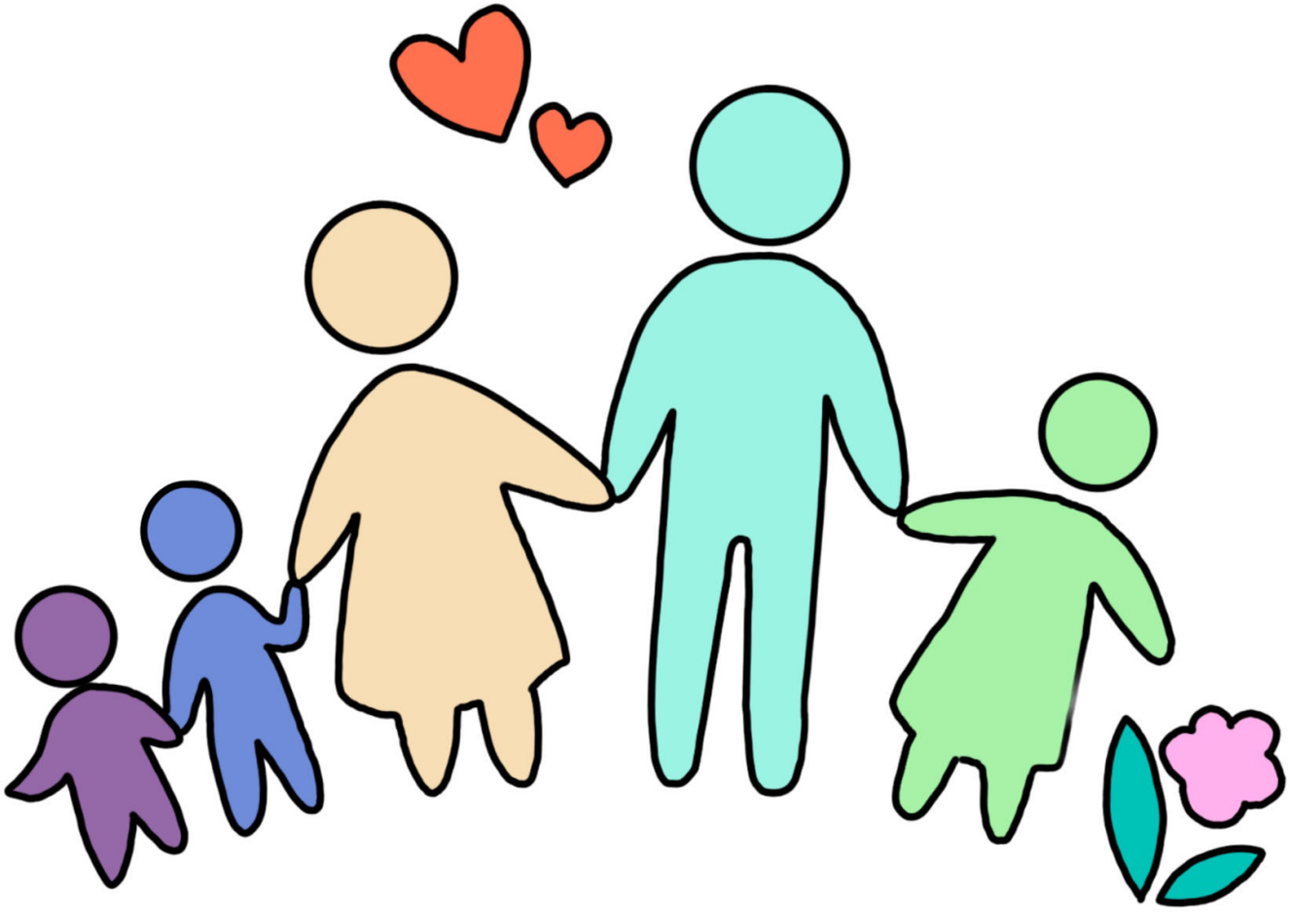
J is for jobs. The COVID-19 pandemic has made it difficult for individuals to do their jobs safely. Once most people receive the vaccine, many people will be able to return to their jobs.



K is for knowledge. It's important to have a good understanding of the COVID-19 vaccine and how it works.



L is for lives. The virus has put many lives at risk and families across the world have lost their loved ones to the disease. While we should still remember to wear masks and wash our hands frequently, the COVID-19 vaccine can save many lives.



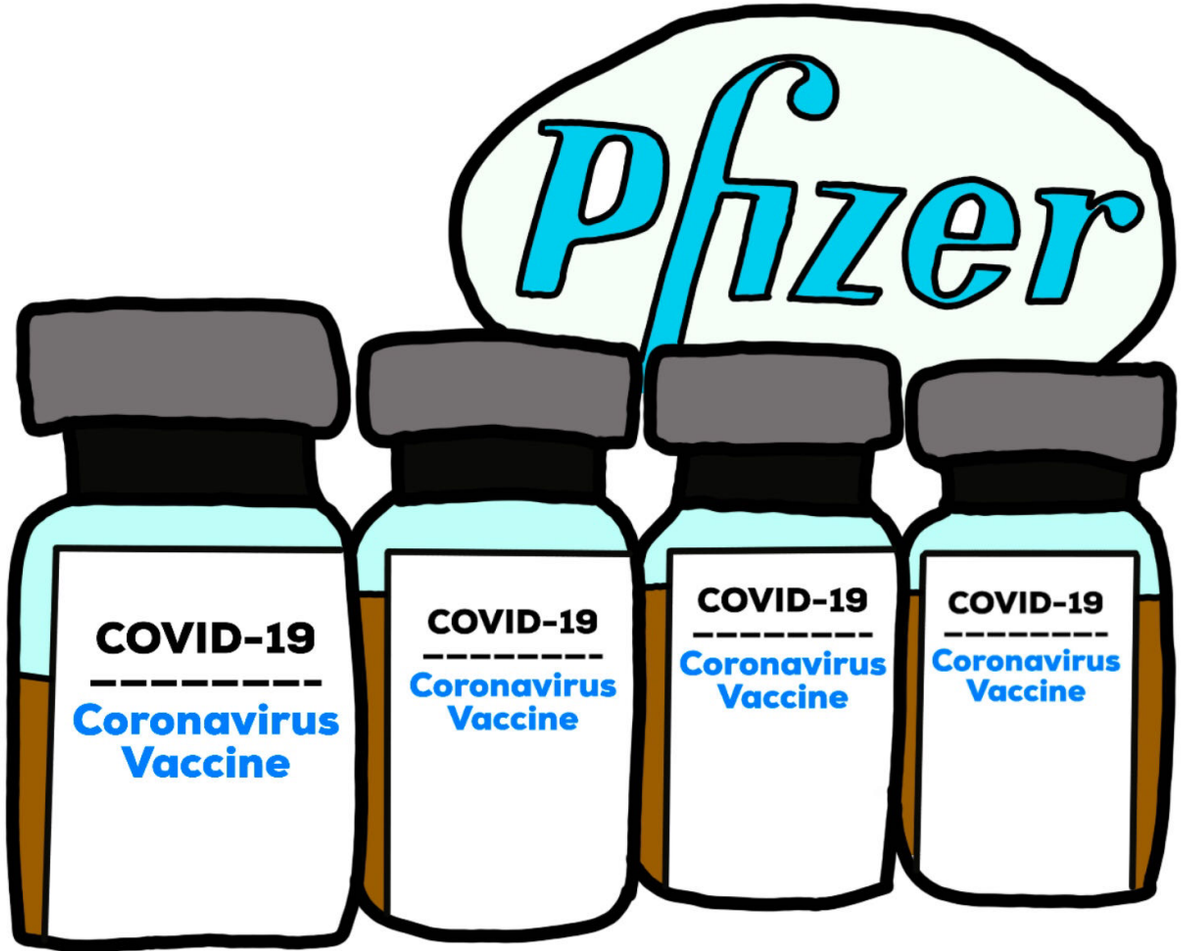
M is for Moderna. Moderna is one of the companies that has created a vaccine for COVID-19. The Moderna vaccine is made in a few different places, like Massachusetts, New Hampshire, and even Switzerland! It is 94% effective at preventing COVID-19.

moderna

N is for NIH. NIH stands for the National Institutes of Health, which is an important part of our government. While the CDC focuses on stopping the spread of disease, the NIH studies medicine and behavior.

O is for older people. The virus is especially harmful for this population. It's important for older people, like your grandparents, to get vaccinated in order to keep them safe and healthy.

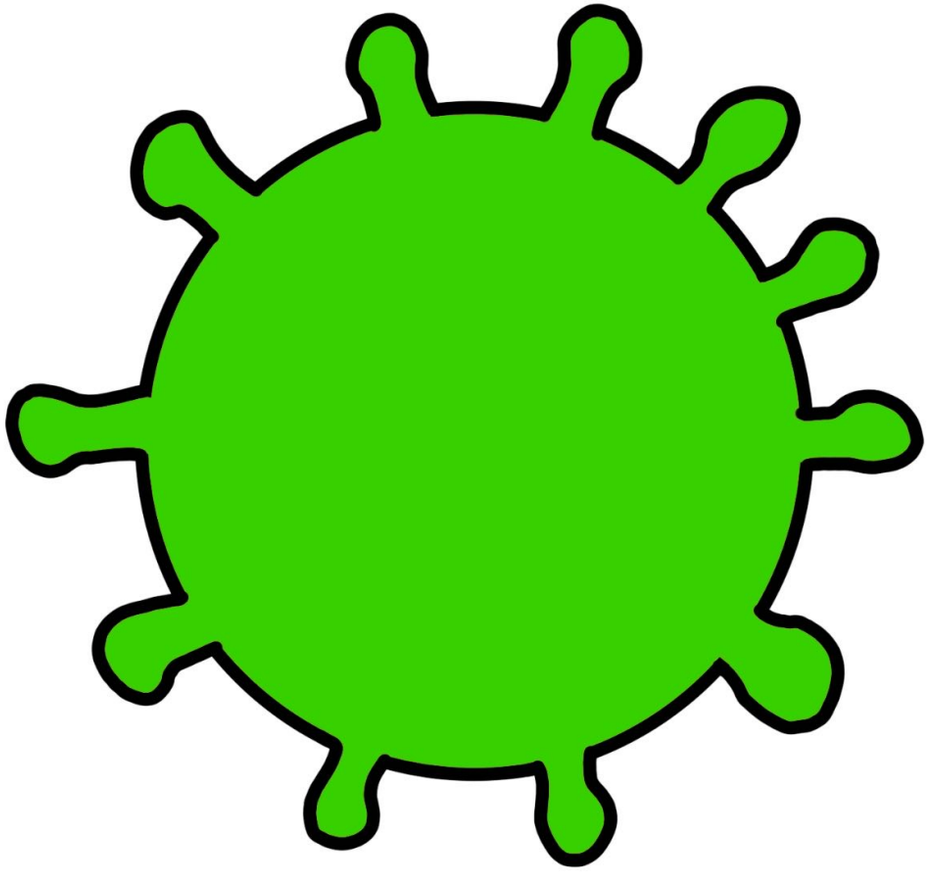
P is for Pfizer. Pfizer is the name of the one of the companies that is working on the COVID-19 vaccine. Pfizer is an American company that is based in New York City. The vaccine made by Pfizer is 95% effective at preventing COVID-19.



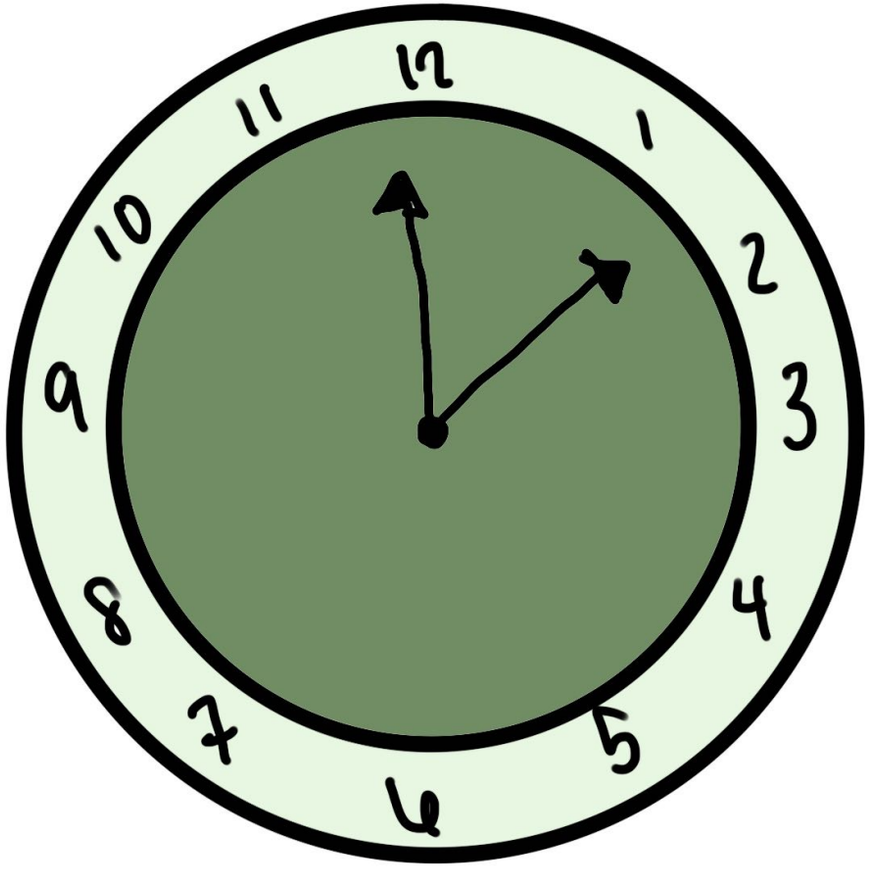
Q is for quality control. Since lots of people need to get vaccinated, scientists need to make large amounts of the vaccine. When you make large amounts of something, it can be easy to make a mistake. This is why scientists have quality control, which is a list of steps that they follow to prevent mistakes.

R is for return. Even though the vaccine is a step in the right direction, it may still be a while before we can return to our regular activities. It will still be important to wash your hands frequently and wear masks to protect yourself and others.

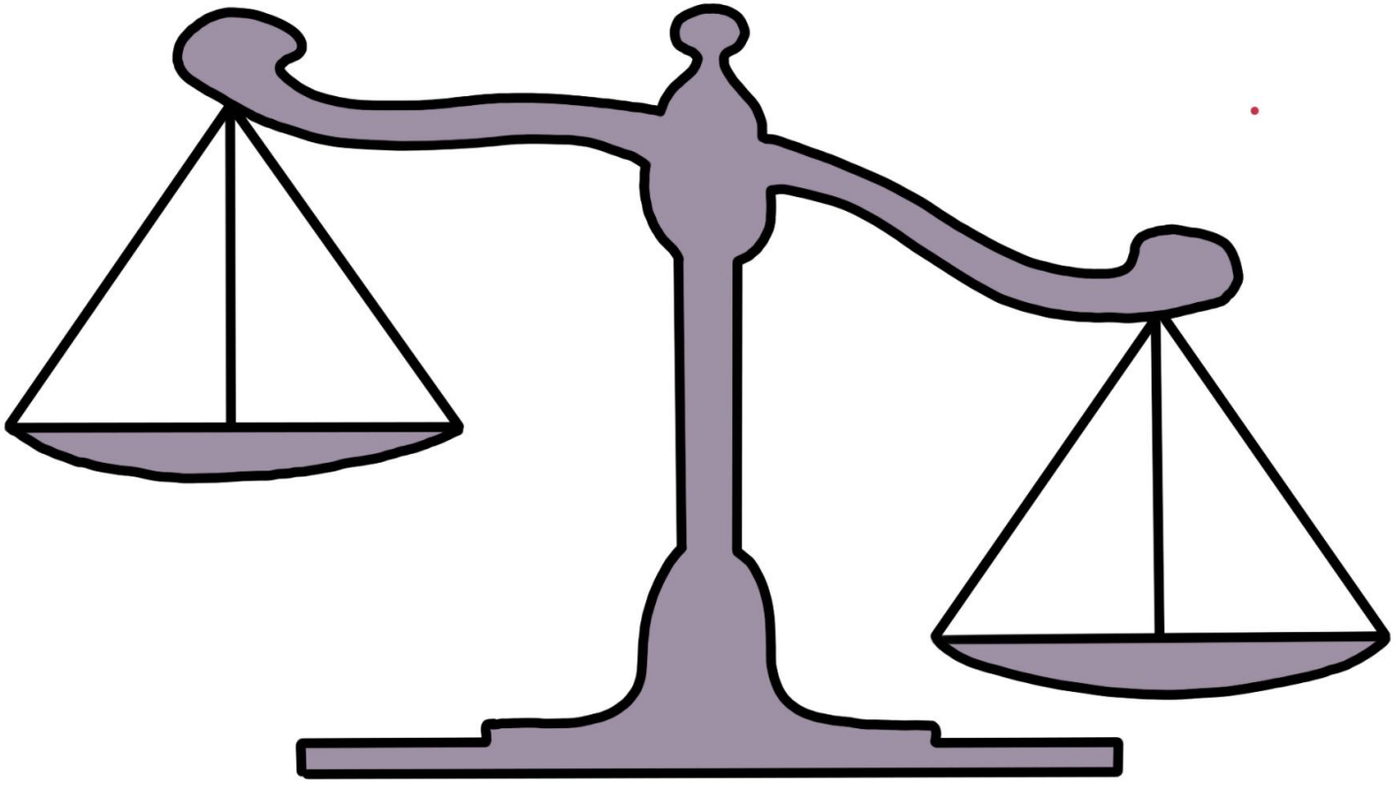
S is for SARS-COV-2. This is the name of the virus that the vaccine protects us against. This is the virus that has caused the COVID-19 pandemic.



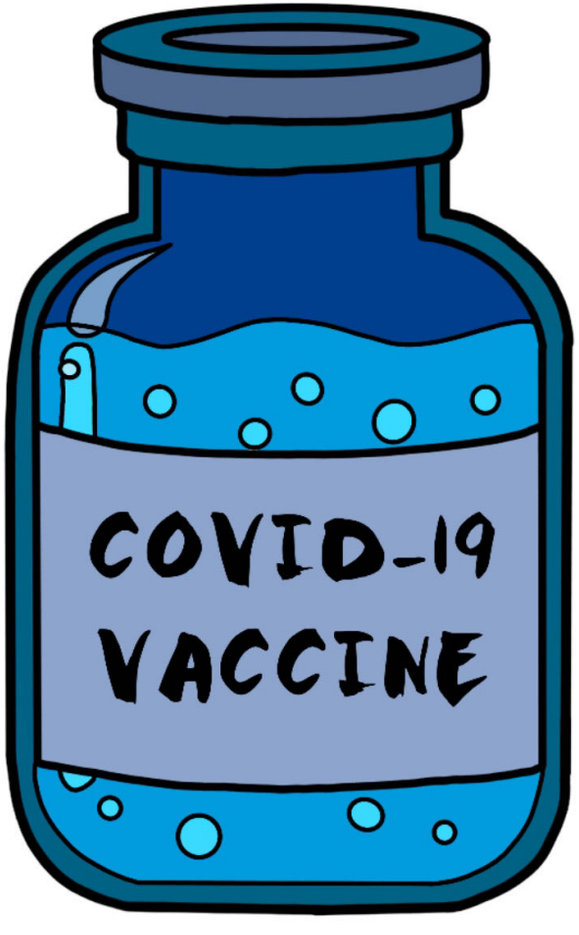
T is for time. While the COVID-19 vaccine has been created, it will still take a long time before lots of people have access to it. The vaccines are not yet approved for children under 16 years old either. While we wait to be able to receive the vaccine, it's important to be patient and continue to wear masks and wash hands.



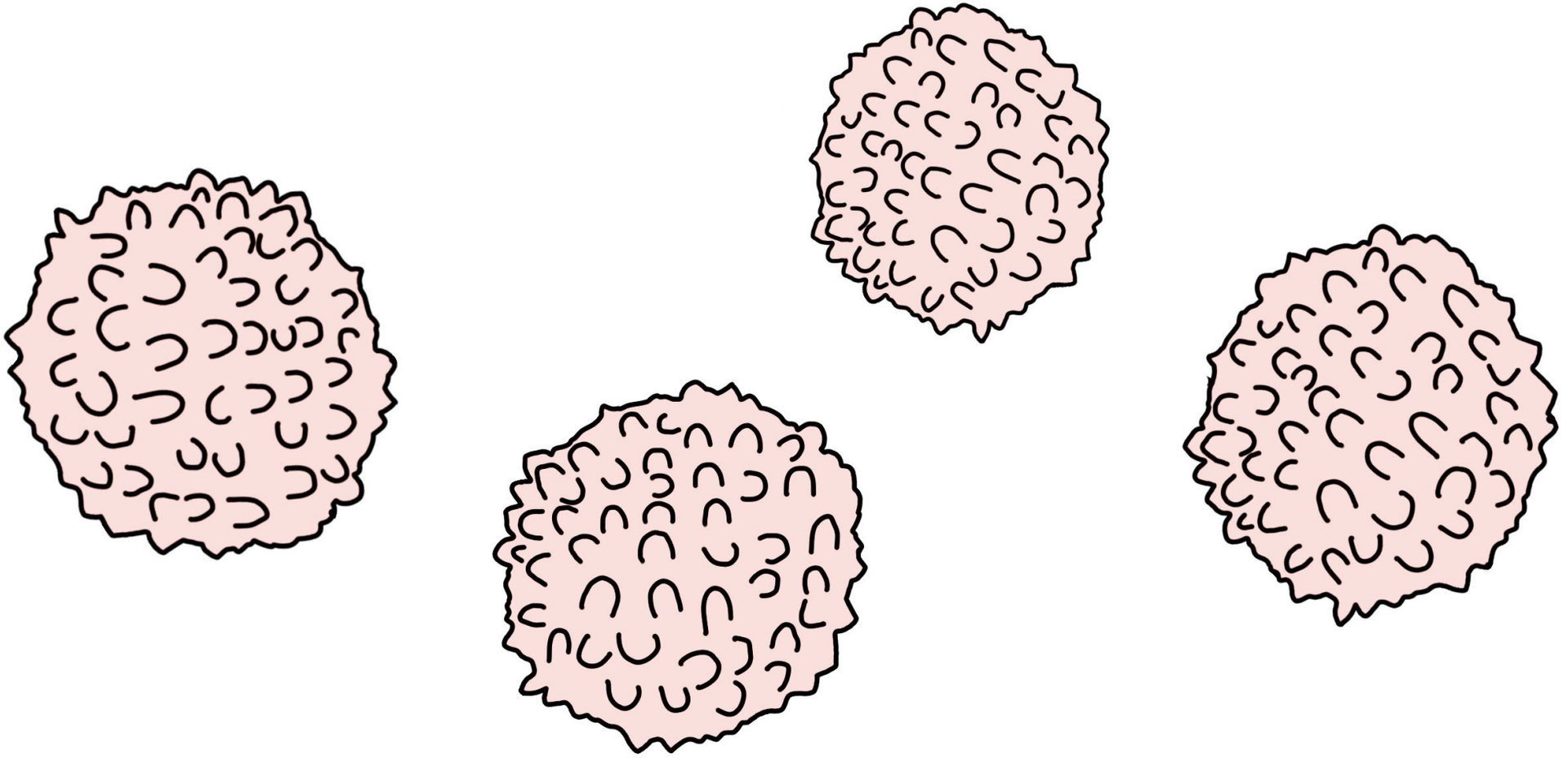
U is for unfair. Because there are only a certain number of COVID-19 vaccines, the government has to prioritize who will get their doses first. Although this seems unfair, it's important for frontline workers to receive the vaccine now as they are constantly exposed to the virus.



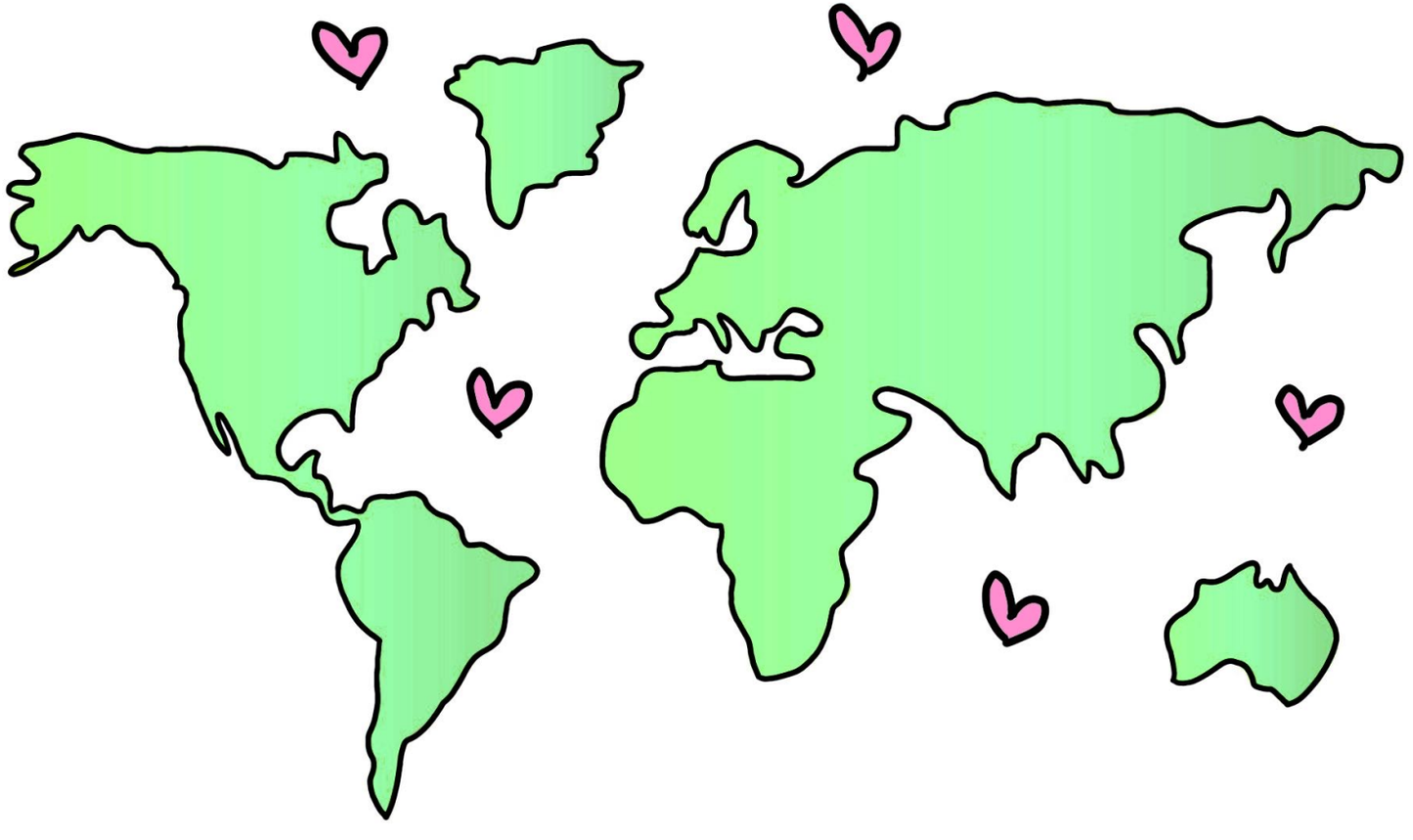
V is for vaccine. Medical professionals have made vaccines to protect us from many diseases. Some common vaccines are for chickenpox, the flu, and measles.



W is for white blood cells. They are made in a place called the bone marrow and help us by fighting off diseases that try to enter our body. Vaccines help some white blood cells make antibodies, which lets our body recognize and destroy the coronavirus.

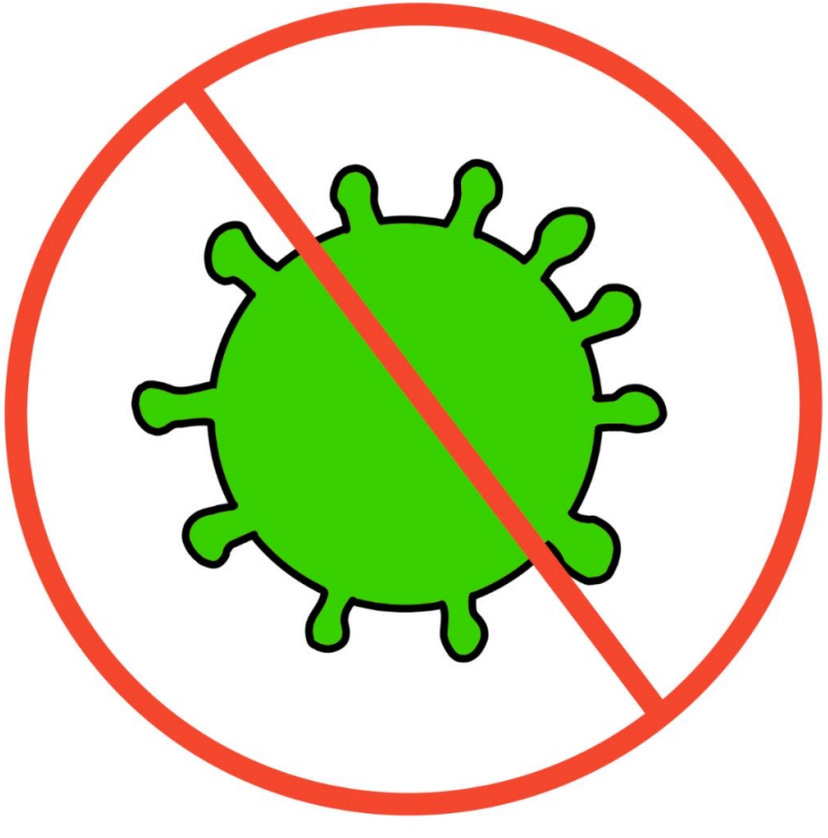


X is for xenophobia, which is a fear of or hatred towards people from other countries. Xenophobia is very harmful and has no place in our community. During this pandemic, it's very important that humans around the world are united, not divided.



Y is for you. If you have concerns about the vaccine or its side effects, you can always ask a trusted adult, such as a parent, teacher, or doctor.

Z is for zero. Someday we hope that there will be zero cases of the coronavirus. While the vaccine will help us achieve this goal, it's still important to wear masks and wash your hands. Finally, don't forget to thank all of the brave people who are working hard to keep you safe and healthy!



THE END

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