

COVID-19 VACCINES AND REPORTS OF MYOCARDITIS AND PERICARDITIS



A small number of myocarditis and pericarditis cases have been confirmed in adolescents and young adults in the United States who received the mRNA vaccine by either Moderna or Pfizer. Myocarditis is inflammation of the heart muscle, and pericarditis is inflammation of the outer lining of the heart. In both cases, the body's immune system causes inflammation in response to an infection or some other trigger.

WHAT YOU SHOULD KNOW:

- These cases are rare, occurring in less than 1% of vaccinated individuals out of the hundreds of millions of vaccine doses administered.
- Most patients who received care responded well to medication and rest — and quickly felt better.
- The CDC continues to recommend the COVID-19 vaccine for everyone 12 years of age and older, given the risk of COVID-19 illness and related, possibly severe complications.
- The majority of confirmed cases have occurred:
 - » In adolescent males and young adults 16 years of age or older
 - » Most often after the second dose than after the first dose of one of these two mRNA COVID-19 vaccines
 - » Typically within several days after COVID-19 vaccination
- Patients can usually return to their normal daily activities after their symptoms improve. They should speak with their health care provider about returning to exercise or sports.
- The risk of getting myocarditis after getting COVID-19 is much higher than getting it from the vaccine. You can also get myocarditis after other viral infections, such as the flu or Lyme disease.
- Getting vaccinated is the best way to help protect yourself and your family from COVID-19.
- More information will be shared as it becomes available.

Symptoms of myocarditis and pericarditis include:

- Chest pain
- Shortness of breath
- Feelings of having a fast-beating, fluttering, or pounding heart

Seek medical care if you think you or your child has any of the symptoms mentioned above within a week after COVID-19 vaccination. Contact your health care provider if you have questions.

For more information, visit coronavirus.delaware.gov/vaccine/vaccine-safety-and-monitoring/



de.gov/covidvaccine | 1-833-643-1715 | vaccine@delaware.gov

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