



# COVID-19 Vaccine & Myocarditis

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## Is my teen likely to experience myocarditis following vaccination?

Myocarditis is a real, but very rare, side effect occurring in about 1.6 out of every 100,000 vaccine recipients.

Cases of myocarditis following vaccination have occurred mostly in young men under 30, more often after the second dose, with symptoms resolving on their own in a matter of days.

The CDC estimates that for every million second doses of vaccine administered to young adults, we prevent more than 14,000 COVID-19 cases, 1,000 hospitalizations, 100 ICU admissions, and 10 deaths. That same number of vaccines may see 5-45 cases of mild myocarditis.

Because the benefits of vaccination far outweigh the small risk of myocarditis, the American Heart Association and the CDC continue to recommend vaccination for everyone age 12 and older.

## What is myocarditis?

Myocarditis is an inflammation of the heart muscle, or myocardium. Myocarditis is usually caused by a viral infection, such as COVID-19, but in rare cases may occur following mRNA vaccination. Symptoms are often short-lived and self-resolving, with most patients recovering at home.

## What should I be on the lookout for?

Recently immunized teens and young adults who experience chest pain or shortness of breath should be seen by a health care provider and report their recent vaccination.