

Get Vaccinated!

The American College of Rheumatology (ACR) strongly encourages patients with autoimmune or rheumatic diseases to receive a COVID-19 vaccination, to help minimize risk for COVID-19-related hospitalizations and poor overall outcomes.

Talk to Your Doctor

You and your rheumatologist should come to a mutual decision about your vaccination plan. Talk to your doctor about how to best time your medications in relation to vaccination. Recommendations may change as we learn more about the effects of vaccines and medications. Currently, if you are taking mycophenolate [CellCept, Myfortic], methotrexate [Rheumatrex, Trexall, Otrexup, Rasuvo], JAK inhibitors [baricitinib [Olumiant], tofacitinib [Xeljanz], upadacitinib [Rinvoq]], abatacept [Orencia] SQ or IV, cyclophosphamide [Cytoxan] IV, or rituximab [Rituxan, MabThera], a brief interruption of 1-2 weeks may be warranted. Again, it is very important to discuss this with your rheumatologist.

Know Your Allergies

Bring a list of your allergies to your vaccine appointment. Other than allergies to vaccine components, there are no known contraindications for patients with autoimmune or rheumatic conditions.

Which Vaccine Should You Get?

The ACR has not determined a preference for one vaccine over another, and all have proved to be effective.



Expect Side Effects

You may experience mild reactions to the vaccine, such as fever, muscle aches, and joint pain. This will typically resolve after a few days and is not a sign of COVID-19 infection. These common reactions can occur after either or both doses of the Moderna and Pfizer vaccines, as well as the single-dose Johnson & Johnson vaccine.

Stay Safe

Following COVID-19 vaccination, continue to follow all public health guidelines recommended by the Centers for Disease Control regarding physical distancing and other preventive measures, such as masking.

Notice: This document is for reference purposes only. It is intended to provide general information and is not medical advice. ACR vaccination guidance is not intended to supersede the judgment of rheumatology care providers. 060721