Things to know this week

1. Myocarditis is an inflammation of the heart muscle and surrounding tissue. Pericarditis is an inflammation of the lining around the heart.

2. They may be rare side effects following mRNA vaccination affecting a small number of people.

3. Myocarditis and pericarditis are more likely to occur from a COVID-19 infection than from an mRNA vaccination.

4. For young people who develop myocarditis, most cases resolve quickly.

5. Vaccination is still the safest and most effective way to protect yourself and your loved ones from COVID-19.

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