

What to know about myocarditis, pericarditis and COVID mRNA vaccines

Myocarditis is an inflammation of the heart muscle. Pericarditis is an inflammation of the lining around the heart. Both conditions have been reported in a small number of cases after receiving an mRNA COVID-19 vaccine, and more often occur in males ages 12-39 than in females or older age groups. The Moderna and Pfizer vaccines are mRNA. Medical researchers at the Centers for Disease Control and Prevention (CDC) have studied these cases and determined the risk of severe illness from COVID-19 is much greater and more severe than the risk of developing one of these heart conditions after vaccination.

Medical experts continue to recommend vaccination for everyone age 12 and older because:

- COVID-19 can cause severe illness and death in people of all ages.
- COVID-19 can cause long-term health issues, including neurological problems or diminished lung function in people of all ages.
- Myocarditis and pericarditis are more likely to occur from a COVID-19 infection than as a result of vaccination.
- The risk of heart damage from COVID-19 can be more severe than from developing myocarditis or pericarditis after vaccination.
- Even if someone develops one of these conditions after vaccination, most people recover on their own or with minimal treatment.
- The Delta variant of the virus that is now circulating is thought to be more transmissible than previous circulating variants.
- The vaccines are safe and effective and protect against severe COVID-19 illness.
- Getting vaccinated protects you, those around you, and helps stop the spread of COVID-19 in your community.

If you have questions or concerns about the COVID-19 vaccines, we recommend talking with your doctor or healthcare provider.

For more information about myocarditis and pericarditis, visit:

- CDC Myocarditis and Pericarditis Facts: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>
- ACIP Review of Cases: <https://www.cdc.gov/vaccines/acip/work-groups-vast/report-2021-05-24.html>

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