



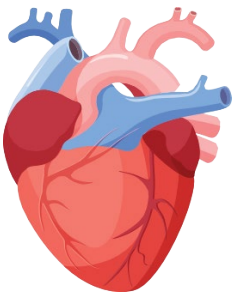
COVID-19

Myocarditis & Pericarditis

Myocarditis is inflammation of the heart muscle. Pericarditis is inflammation of the outer lining of the heart.

- Both conditions are caused by the body's natural reaction to an infection or other trigger. Common causes include bacterial and viral infections and medical conditions such as autoimmune diseases. COVID-19 infection and vaccines can cause these heart conditions.
- Symptoms can include chest pain, shortness of breath, feelings of having a racing, fluttering, or pounding heart, feeling weak or very tired, and loss of appetite.

Myocarditis, Pericarditis, and COVID-19 Vaccines



- Very rarely, people develop myocarditis or pericarditis after getting a Pfizer, Moderna, or Novavax COVID-19 vaccine.
- Symptoms usually start several days after getting the vaccine. Most people feel better quickly with medicine and rest.
- Male teenagers and young adults are most likely to be affected. Waiting 8 weeks between the 1st and 2nd dose of vaccine decreases the risk.

The risks to the heart from getting COVID-19 vaccine are much lower than from getting infected with COVID-19.

- Both COVID-19 vaccines and COVID-19 infection can increase the risk of myocarditis and pericarditis. But COVID-19 infection can also increase the risk of other heart conditions like acute coronary syndrome, heart attack (myocardial infarction), heart failure, and irregular heartbeat (arrhythmia).
- For more information, talk to your doctor or visit the CDC webpage: [Myocarditis and Pericarditis Following mRNA COVID-19 Vaccination](#).