

MYTHS AND FACTS

COVID-19

Myth: The vaccine will give me COVID-19.

From Centers for Disease Control and Prevention

Fact: COVID-19 vaccines do not give you COVID-19. None of the COVID-19 vaccines currently in development or in use in the United States contain the live virus that causes COVID-19. The new mRNA vaccines trigger an immune response in our bodies to fight infection without using the virus.

Myth: The vaccine will make me sick.

From Center for Disease Control and Prevention

Fact: There can be side effects from COVID-19 vaccines. Common side effects can be similar to mild flu symptoms, but typically go away in a few days. Side effects are similar to those experienced with other commonly received vaccines, including fever, headache, muscle aches, chills, and pain at the injection site.

Myth: The vaccine was rushed and therefore it is not safe.

From Cleveland Clinic

Fact: It is true that COVID-19 vaccines were developed in record time. Based on research and technology that has been studied for decades, vaccines were produced quickly and safely. Researchers have been working on the new mRNA technology vaccine strategy for more than three decades. The technology was developed over the last few years and tested in several animal models of infection. The Johnson and Johnson vaccine uses a technology known as a viral vector. These vaccines use a modified version of a

different virus to deliver important instructions to our cells. The Ebola vaccine is made using this technology. Vaccines were put through rigorous clinical trials involving tens of thousands of volunteers before being authorized for use. In the United States, data was closely scrutinized by the FDA, as well as an independent panel of vaccine experts, and deemed safe and effective for emergency use.

Myth: We don't know what's in these vaccines.

From Cleveland Clinic and Centers for Disease Control and Prevention

Fact: The ingredients for COVID-19 vaccines have been published. Both Moderna and Pfizer vaccines contain mRNA, lipids (fats) that deliver the mRNA into cells, and a few other common ingredients to maintain the stability of the vaccine. The Johnson and Johnson vaccine contains a modified version of a different virus than the one that causes COVID-19. This information and detailed ingredient lists are available on the CDC and manufacturers websites.

Myth: The mRNA vaccines alter your DNA.

From Centers for Disease Control and Prevention

Fact: Messenger RNA, or mRNA, is not able to alter or modify a person's genetic makeup (DNA). COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop immunity to disease. mRNA does not affect or interact with our DNA in any way. The vaccine instructs our cells to make a piece of a protein found in the coronavirus, which cause an immune response in the body. Our cells break down the mRNA and get rid of it once that is done.



Lavonta Williams

COMMUNITY ACTIVIST



PLEASE HELP PREVENT THE SPREAD OF COVID-19

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Myth: COVID-19 vaccines cause infertility.

From Centers for Disease Control and Prevention

Fact: There is no evidence to suggest that the COVID-19 vaccine can cause infertility. The CDC recommends individuals who are pregnant or think they may be pregnant, talk with their medical provider before getting the COVID-19 vaccine.

Myth: You don't need to get the vaccine if you've had COVID-19.

From Centers for Disease Control and Prevention

Fact: At this time, experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Natural immunity, or the immunity someone gains from having an infection, varies from person-to-person. Even if you have already recovered from COVID-19, it is possible—although rare—that you could be infected with the virus that causes COVID-19 again. Medical experts, including the CDC, encourage everyone to get the vaccine to ensure they are protected.

Myth: Since COVID-19's survival rate is so high, I don't need a vaccine.

From Cleveland Clinic

Fact: While it is true that most people who get COVID-19 are able to recover some people develop severe complications, including long-term health problems and damage to vital organs, even those who are young and healthy. More than 3.7 million people have died around the world. There simply is no way to know how your body will react to the virus. All COVID-19 vaccines authorized for use in the United States are effective at preventing severe illness and death with minimal side effects. Getting the vaccine can also help protect those around you. Widespread vaccination is important for ending the pandemic and protecting vulnerable populations.

Myth: Once I get the vaccine, I no longer need to wear a mask or socially distance.

From Centers for Disease Control and Prevention

Fact: Immunity is not immediate. Fully vaccinated people can resume activities without wearing a mask or physically distancing. Individuals are considered fully vaccinated two

weeks after their second dose of a two-dose series, such as the Pfizer or Moderna vaccines, or two weeks after the single-dose Johnson & Johnson's vaccine. Until you are fully vaccinated, continue to follow the three W's: wash your hands, wear a mask, and watch the distance between yourself and others.

Myth: The vaccines have microchips that can track you.

From Centers for Disease Control and Prevention

Fact: Despite theories on social media, COVID-19 vaccines do not contain microchips or any other type of tracking devices. They only include a small list of ingredients, which are made publicly available on the CDC and manufacturers websites.

Myth: I heard the vaccines cause serious allergic reactions that can kill you.

From Centers for Disease Control and Prevention

Fact: For those with known allergies and histories of allergic reaction there is a small chance that the vaccine could cause a severe allergic reaction. Side effects of a severe allergic reaction include difficulty breathing; swelling of your face and throat; a fast heartbeat; a bad rash all over your body; or dizziness and weakness. When you get your vaccine, you will be monitored by health professionals who can administer treatment and request medical attention if an allergic reaction occurs. This type of reaction is extremely rare, and has effected very few of the millions of people who have been vaccinated for COVID-19.

Myth: I heard people who get the vaccine can shed the spike protein, which in turn can cause women to become sterile, have miscarriages, and menstrual irregularities.

From Centers for Disease Control and Prevention

Fact: There is no evidence that the vaccines cause infertility or miscarriage. Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in the United States contain a live virus. Many things can affect menstrual cycles, including stress, changes in your schedule, problems with sleep, and changes in diet or exercise. Infections may also effect menstrual cycles.



Learn more about the COVID-19 vaccine here:
sedgwickcounty.org/covid-19/vaccine-information

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