

# COVID-19 VACCINE: MYTHS VS. FACTS

**MYTH** If you already had COVID-19, you do not need the vaccine.

**FACT** Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people who have been infected with COVID-19 before should still be vaccinated.

**MYTH** The vaccine was developed really fast so they ‘cut corners’ to get it done and it may not be safe.

**FACT** mRNA vaccines have been studied for five years so while the technology is still relatively new, it was not invented for this pandemic. In addition, the vaccines have undergone large clinical trials and have been vetted by multiple regulatory and government agencies that have shown these to be both safe and highly effective.

The COVID-19 vaccine was created so quickly because:

1. Scientists mapped the SARS-CoV-2 virus genome in January 2020, which allowed vaccine research to start quickly.
2. Scientists were not starting from scratch. COVID-19 is caused by a virus that is part of a family of coronaviruses that have been heavily studied for decades and mRNA vaccines were already studied for viruses like influenza, Zika, rabies, and cytomegalovirus.
3. Manufacturing of the vaccine was underway during clinical trials (normally, manufacturing doesn’t begin until after completion of the trials).
4. Both Pfizer and Moderna studied over 30,000 people in their vaccine trails. This huge number of trial participants allowed for very fast generation of safety data.

**MYTH** The side effects of the vaccine are really bad.

**FACT** Your arm may be sore at the injection site. Some people may also experience mild to moderate flu-like symptoms including fever, headache, and muscle aches, more often after the second dose. These symptoms generally last for a couple days and are a sign that your immune system is doing exactly what it is supposed to do. It is working and building up protection against disease.

**MYTH** Severe allergic reactions are common.

**FACT** Severe allergic reactions (anaphylaxis) to the COVID-19 vaccines are exceedingly rare. All vaccine sites are required to monitor people for allergic reactions and have the treatments and personnel on site to deliver necessary care.

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FROM  
FRONT

**MYTH** The COVID-19 vaccines don't work as well for seniors or people of color.

**FACT** **Both the Pfizer and Moderna vaccine were tested in a diverse group of people. About 30% of U.S. participants were Latinx, Black, Asian or Native American. About half were older adults. The vaccine was equally effective in these diverse groups and there were no significant safety concerns identified in these or any other groups studied.**

**MYTH** COVID-19 vaccines will give you COVID-19.

**FACT** **You cannot get COVID-19 from the vaccine. The Pfizer and Moderna vaccines do not contain any live or dead virus in it.**

**MYTH** COVID-19 vaccines will cause you to test positive for COVID-19.

**FACT** **This is NOT true. Taking the vaccine will not cause a false positive.**

**MYTH** Receiving an mRNA vaccine (the type of vaccine used by Pfizer and Moderna) will alter your DNA.

**FACT** **mRNA is not able to alter or modify a person's genetic makeup (DNA). The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop protection (immunity) to disease.**

**MYTH** Natural immunity is healthier and more effective than vaccine immunity.

**FACT** **Vaccines allow you to build immunity without the damaging effects that vaccine-preventable diseases can have. These diseases can cause serious health problems and even be life-threatening. These effects can be avoided by simply getting vaccinated.**

**MYTH** Vaccines can cause autism.

**FACT** **Vaccines do NOT cause autism. This incorrect claim stems from a study that has been discredited. Unfortunately, this flawed study has created much misinformation.**

**MYTH** Vaccines have microchips and are used to microchip people.

**FACT** **This is entirely false and is not possible. This is a myth that stemmed from misinformation on the internet.**

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