





COVID-19 Vaccine

Myths vs. Facts

MYTH 	FACT 
The COVID-19 vaccine is unsafe because it was developed so quickly.	The vaccines are proven safe and effective. The vaccines have undergone clinical trials and met safety standards that all other vaccines go through before it is approved.
The COVID-19 vaccine was developed with or contains controversial substances.	The vaccines contain messenger RNA (mRNA) and other normal vaccine ingredients, such as fats, salts, and a small amount of sugar. These vaccines were not developed using fetal tissue, and do not contain implants, microchips or tracking devices.
The COVID-19 vaccine will enter your cells and change your DNA.	The vaccines are designed to help our immune system fight the coronavirus. The mRNA from the vaccines enters your cells, but not the nucleus of the cells where DNA resides. The mRNA help the cells make protein to stimulate the immune system. This quickly breaks down without affecting our DNA.
If I have already had COVID-19, I don't need the vaccine.	Due to the severe health risks associated with COVID-19, and that re-infection is possible, you will still benefit from being vaccinated, as long as you have recovered.
The side effects of the COVID-19 vaccine are dangerous.	The vaccines can have side effects, but the majority are short term and not serious. Common side effects include pain at injection site, body aches, headaches or fever, which last a day or two. This is normal and is a signal that the vaccine is working. Should side effects last beyond two days, contact your community health nurse.
You can get COVID-19 from the vaccines.	The vaccines do not contain the live virus. You cannot get COVID-19 from the vaccine. In order to prevent infection, vaccines work by making our bodies produce protein from the virus. This protein infects our cells. If you do get side effects, this is only a signal that your body is creating an immune response.
People with underlying conditions should not get vaccinated.	People with underlying health conditions are at greater risk for complications from COVID-19, which is even more reason to get vaccinated. Talk to your community health nurse if you have concerns.
If you are vaccinated, it could make you infertile.	There is no evidence indicating the vaccines could cause infertility.
Once I get vaccinated, I don't have to wear a mask or practice physical distancing.	Once you get vaccinated, you still have to follow all the public health guidelines. Vaccines do not stop the COVID-19 virus from entering the body; they only help prevent from developing moderate to severe COVID-19 if infected.