



COVID-19 VACCINE

Myths vs. Facts

Myth

COVID-19 vaccine can affect women's fertility.

Fact

The COVID-19 vaccine will not affect fertility.

The truth is that the vaccine encourages the body to create copies of the spike protein found on the coronavirus's surface. This "teaches" the body's immune system to fight the virus that has that specific spike protein on it. Getting COVID-19, on the other hand, can have potentially serious impact on pregnancy and the mother's health. It is recommended that women to reach out to their medical providers to discuss other questions they have about COVID-19 as it relates to fertility or pregnancy.

Myth

If I've already had COVID-19, I don't need a vaccine.

Fact

People who have gotten sick with COVID-19 may still benefit from getting vaccinated.

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this.

Myth

Researchers rushed the vaccine, so it cannot be trusted.

Fact

Studies found that the two initial vaccines are both about 95% effective and reported no serious or life-threatening side effects.

There are many reasons why the COVID-19 vaccines could be developed so quickly. Here are just a few:

- The COVID-19 vaccines from Pfizer/BioNTech and Moderna were created with a method that has been in development for years, so the companies could start the vaccine development process early in the pandemic.
- China isolated and shared genetic information about COVID-19 promptly, so scientists could start working on vaccines.
- The vaccine developers didn't skip any testing steps, but conducted some of the steps on an overlapping schedule to gather data faster.
- Vaccine projects had plenty of resources, as governments invested in research and/or paid for vaccines in advance.
- Some types of COVID-19 vaccines were created using messenger RNA (mRNA), which allows a faster approach than the traditional way that vaccines are made.
- Social media helped companies find and engage study volunteers, and many were willing to help with COVID-19 vaccine research.
- Because COVID-19 is so contagious and widespread, it did not take long to see if the vaccine worked for the study volunteers who were vaccinated.
- Companies began making vaccines early in the process - even before FDA authorization - so some supplies were ready when authorization occurred.

Myth

Getting the COVID-19 vaccine means I can stop wearing my mask and taking coronavirus precautions.

Fact

Individuals who get the COVID-19 vaccination still need to practice infection prevention precautions.

Keep your mask on, and continue staying at least 6 feet from people outside your household, until further notice. Vaccines do not stop the coronavirus from entering your body; they only prevent you from developing moderate to severe COVID-19. It's not yet clear if people vaccinated for COVID-19 can still carry and transmit the virus, even when they themselves don't get sick.

Myth

Getting the COVID-19 vaccine gives you COVID-19.

Fact

The vaccine for COVID-19 cannot and will not give you COVID-19.

The two authorized mRNA vaccines instruct your cells to reproduce a protein that is part of the SARS-CoV-2 coronavirus, which helps your body recognize and fight the virus, if it comes along. The COVID-19 vaccine does not contain the SARS-Co-2 virus, so you cannot get COVID-19 from the vaccine. The protein that helps your immune system recognize and fight the virus does not cause infection of any sort.

Myth

The side effects of the COVID-19 vaccine are dangerous.

Fact

The COVID-19 vaccine can have side effects, but the vast majority are very short term, not serious or dangerous.

The vaccine developers report that some people experience pain where they were injected; body aches; headaches or fever, lasting for a day or two. These are signs that the vaccine is working to stimulate your immune system. If symptoms persist beyond two days, you should call your doctor.

If you have allergies — especially severe ones that require you to carry an EpiPen — discuss the COVID-19 vaccine with your doctor, who can assess your risk and provide more information about if and how you can get vaccinated safely.

Myth

The COVID-19 vaccine changes your DNA.

Fact

The COVID-19 vaccine does not affect your DNA.

The two COVID-19 vaccines available to us are designed to help your body's immune system fight the coronavirus. The messenger RNA from two of the first types of COVID-19 vaccines does enter cells, but not the nucleus of the cells where DNA resides. The mRNA does its job to cause the cell to make protein to stimulate the immune system, and then it quickly breaks down without affecting your DNA.

Myth

The messenger RNA technology used to make the COVID-19 vaccine is brand new.

Fact

The mRNA technology behind the new coronavirus vaccines has been in development for almost two decades.

Vaccine makers created the technology to help them respond quickly to a new pandemic illness, such as COVID-19.

Myth

The COVID-19 vaccine was developed with or contains controversial substances.

Fact

The first two COVID-19 vaccines to be authorized by the FDA contain mRNA and other, normal vaccine ingredients, such as fats (which protect the mRNA), salts, as well as a small amount of sugar.

These COVID-19 vaccines were not developed using fetal tissue, and they do not contain any material, such as implants, microchips or tracking device.