



# COVID-19 Vaccine Myth Busters: *Know the Facts!*



It may be overwhelming to digest all the information about the COVID-19 vaccine, and maybe even more difficult to understand fact from fiction. Knowing what is true about vaccines, and what isn't, is crucial to our community and business recovery.

**To make it a little easier, we've busted some of the biggest MYTHS about COVID-19 and shared some of the key FACTS to keep you informed!**

## FACTS

- ✔ **The COVID-19 vaccine will NOT give you COVID-19**

*It is impossible for someone to develop COVID-19 through the vaccine injection since the vaccines do not contain the virus. The goal for COVID-19 vaccines is to teach our immune systems how to recognize and fight the virus that causes COVID-19.*

- ✔ **The coronavirus vaccines were NOT rushed to market**

*Development of the vaccine was well underway before the COVID-19 pandemic. How? Since SARS-CoV-2 comes from a family of viruses, including the SARS coronavirus of 2002 and the MERS coronavirus of 2012, scientists had already been developing new vaccines to treat a new virus from the family.*

- ✔ **Vaccine injections do NOT contain tracking microchips**

*No vaccine injections or nasal sprays – including shots for COVID-19 – contain microchips, nanochips, RFID trackers or devices that would track or control your body in any way.*

- ✔ **The COVID-19 vaccine does NOT include a little bit of the virus**

*Neither the Moderna nor Pfizer vaccine includes the virus that causes COVID-19. The COVID-19 vaccine includes mRNA (messenger RNA) that teaches a person's body to build proteins to combat the virus.*

## MYTHS

- ✘ **MYTH: I'm not at risk for severe complications of COVID-19, so I don't need the vaccine**

*FACT: Regardless of your risk, you can still contract the infection and spread it to others, so it's important you get vaccinated. Once the vaccine is widely available, it's recommended that as many eligible adults as possible get the vaccine. It's not only to protect you but your family and community as well.*

- ✘ **MYTH: RNA vaccines can implant material into the human genome or change a human's genetic structure**

*FACT: This is biologically impossible! An RNA vaccine uses a cell's processes to produce inert viral particles for the purpose of activating the human immune response. The cell that does this is ultimately destroyed by the immune system, which is the goal of ANY vaccine.*

- ✘ **MYTH: Once I receive the COVID-19 vaccine, I no longer need to wear a mask**

*FACT: Masking, handwashing and physical distancing remain necessary until a sufficient number of people are immune. The best protection we can offer each other right now is to continue to follow current guidelines*

- ✘ **MYTH: I am allergic to eggs so I shouldn't get the COVID-19 vaccine**

*FACT: Neither the Pfizer/BioNTech vaccine nor the Moderna vaccine contain egg.*

✔ **The coronavirus vaccines are 95% effective**

*The COVID-19 vaccines from Pfizer/BioNTech and Moderna provide a 95% effectiveness in preventing people from developing coronavirus symptoms. This data is based on clinical trials that included tens of thousands of people from both companies.*

✔ **Less than 0.5% experience severe vaccine side effects**

*COVID-19 vaccines resulted in side effects that were generally mild to moderate and lasted no more than a couple of days. Symptoms included irritation at the injection point of the arm, chills, fatigue, muscle soreness and fever. Remember, these symptoms are normal for any vaccine and are a sign that the body is building immunity.*

✔ **The severity of COVID-19 symptoms varies widely and getting vaccinated can help prevent infection with COVID-19**

*While many people with COVID-19 have only a mild illness, others may get a severe illness or die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. COVID-19 vaccination helps protect you by allowing your body to create an antibody response without having to experience sickness*

✔ **COVID-19 vaccines are NOT linked to other serious medical problems**

*COVID-19 vaccines have not been linked to serious medical problems including infertility, miscarriage, pregnancy complications, or other medical problems.*

✔ **Even if you have already had COVID-19, you should still get vaccinated**

*Yes, you should still get vaccinated! Due to the severe health risks associated with COVID-19, and because re-infection and transmission to others is possible, everyone is advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.*

✘ **MYTH: The COVID-19 vaccine side effects horrible. What about allergic reactions?**

**FACT:** *The most common side effects are fatigue, headache, soreness or redness at the injection site, and muscle or joint pain. While unpleasant, these side effects are actually a sign that your body is responding properly to create immunity from the virus that causes COVID-19. Side effects typically last only 1-3 days. Although extremely rare, people can have severe allergic reactions to ingredients used in a vaccine. Experts recommend people with a history of severe allergic reactions — such as anaphylaxis — to the ingredients of the vaccine should not get the vaccination.*

**FOR UP-TO-DATE INFORMATION, VISIT:**

[coronavirus.marinhhs.org/vaccine](https://coronavirus.marinhhs.org/vaccine)

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**In the meantime, please continue to wear your masks, practice social distancing, and stay safe.**

