

Myth: COVID-19 vaccines will give you COVID-19.

Fact: You cannot get COVID-19 from the vaccine. Vaccines do not contain any live or dead virus in it.

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 may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, we do not know how long someone is protected from COVID-19 after being sick. The immunity someone gains from having an infection, called natural immunity, varies from person to person. So far, reinfection has been rare.

Myth: The side effects of the vaccine are really bad.

Fact: The most common side effects from this vaccine have included fatigue, muscle pains, joint pains, fever, headaches, pain and redness at the injection site. These symptoms are more common after the second dose of the vaccine and the majority of side effects are mild. Serious side-effects, such as a strong allergic reaction to ingredients in the vaccine are rare.

Myth: I won't need to wear a mask after I get the COVID-19 vaccine.

Fact: It may take time for everyone who wants a COVID-19 vaccination to get one. But until we can vaccinate everyone and because we don't know if the vaccine can stop you from spreading the virus, it's important to continue wearing masks, avoiding crowds, social distancing, and washing your hands frequently.

Myth: The flu vaccine can help protect against COVID-19.

Fact: Getting a flu shot will not protect you against coronavirus. These are two different vaccinations. But the flu shot can prevent you from getting influenza at the same time as COVID-19. This can keep you from getting a more severe illness.

Myth: Receiving the vaccine will alter your DNA.

Fact: The COVID-19 vaccine has mRNA in it and is not able to change a person's genetic makeup (DNA). The vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the vaccine does not affect or interact with our DNA in any way.

Myth: The COVID-19 vaccine was developed as a way to control the general population either through microchip tracking or nano transducers in our brains.

Fact: There is no vaccine "microchip" and the vaccine will not track people or gather personal information into a database.

Myth: Natural immunity is healthier and more effective than vaccine immunity.

Fact: The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don't know how long natural immunity might last. Vaccines allow you to build immunity without the damaging effects that vaccine-preventable diseases can have. COVID-19 can cause serious health problems and even be life-threatening. These effects can be avoided by getting vaccinated.

Myth: The COVID-19 vaccine is not safe because it was rapidly developed and tested.

Fact: Many pharmaceutical companies invested significant resources into quickly developing a vaccine for COVID-19 because of the world-wide impact of the pandemic. Both Pfizer and Moderna used similar processes when developing their vaccine. Even though COVID-19 is new, these types of viruses (called coronaviruses) have been studied since the 1960s. This knowledge helped scientists understand the virus to make a vaccine.

For more information about COVID-19, visit yourpathways.org/COVID.