


Vaccine Myths Busted



There is a lot of information going around about the COVID-19 vaccine and sometimes it can be hard to distinguish the facts from the myths. Follow along with NMCAN as we bust some of the most common myths about the vaccine.



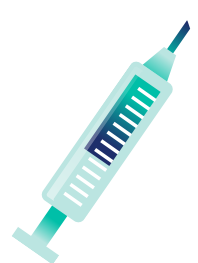
MYTH: "The technology used to make the vaccine is brand new."

FACT: The mRNA technology behind the 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 vaccine will give me COVID-19."

FACT: The vaccine cannot and will not give you COVID-19. The COVID-19 vaccine does not contain the SARS-Co-2 virus, so you cannot get COVID-19 from it.



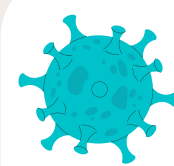
MYTH: "Side effects from the vaccine are dangerous."

FACT: The vaccine can have side effects, but the vast majority are very short term — not serious or dangerous. Some people experience pain where they were injected; body aches; headache, or fever, lasting a day or two. These are signs the vaccine is stimulating your immune system.



MYTH: "The vaccine was developed with or contains controversial substances."

FACT: The Pfizer and Moderna vaccines contain mRNA and other normal vaccine ingredients, such as fats, salts, and a small amount of sugar. They were not developed using fetal tissue, and they do not contain any material, such as implants, microchips, or tracking devices.



MYTH: "I've already had COVID-19, so I don't need to be vaccinated."

FACT: Given the uncertainty as to if or how long immunity lasts after getting COVID-19, it is important to still get the vaccine.



MYTH: "The COVID-19 vaccine enters your cells and changes your DNA."

FACT: The messenger RNA from the vaccine does not affect your DNA.



MYTH: "The vaccine was rushed so its effectiveness and safety cannot be trusted."

FACT: Studies found the Pfizer and Moderna vaccines are about 95% effective — and there were no serious or life-threatening side effects. There are many reasons why the vaccine could be created so quickly, including:

- the Pfizer and Moderna vaccines were created with a method that has been in development for years, so the companies could start the process early on in the pandemic,
- developers conducted some steps on an overlapping schedule to gather data faster — but didn't skip any steps.



MYTH: "The vaccine can affect women's fertility."

FACT: The vaccine will not affect fertility. A false report on social media caused this confusion. Getting COVID-19, however, can have a serious impact on pregnancy and the mother's health.

SOURCES:

www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccines-myth-versus-fact

www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/index.html



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