

# 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](http://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](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/index.html)



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