

# COVID-19 VACCINE: MYTH VERSUS FACT

## 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.

## MYTH

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

## FACT

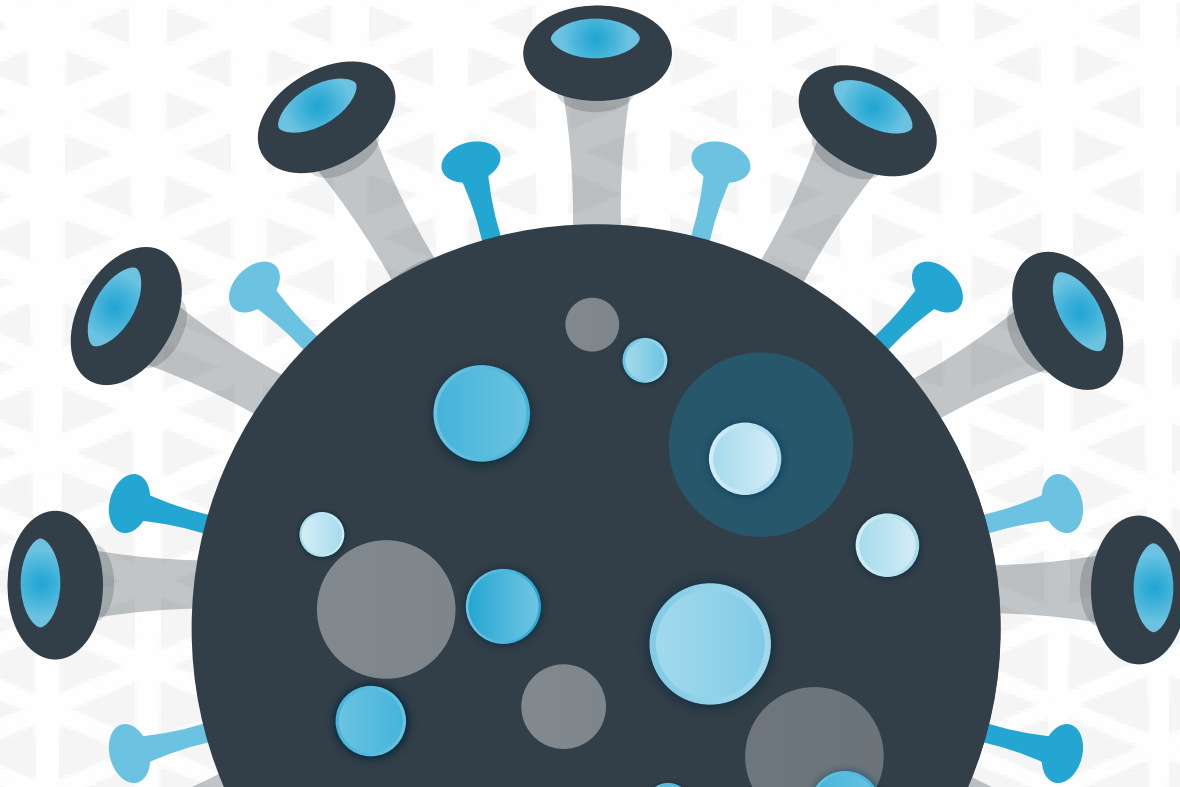
The first two COVID-19 vaccines, Pfizer and Moderna, to be authorized by the FDA contain mRNA and other, normal vaccine ingredients, such as fats (which protect the mRNA), salts, as well as a small amount of sugar. These COVID-19 vaccines were not developed using fetal tissue, and they do not contain any material, such as implants, microchips or tracking devices.

## MYTH

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

## FACT

Pfizer and Moderna COVID-19 vaccines 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.



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*For detailed information about COVID-19 Vaccine Myths, see the full resource from Johns Hopkins Medicine. COVID-19 Vaccines: Myth Versus Fact | Johns Hopkins Medicine*

# COVID-19 VACCINE: MYTH VERSUS FACT

## MYTH

Now that we have a vaccine for COVID-19, we can make vaccines for the common cold, HIV and other diseases.

## FACT

The thousands of viruses that cause various diseases are very different. Many change (mutate) year by year, making it difficult to develop one vaccine that works for a long period of time.

## MYTH

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

## FACT

The mRNA technology behind the Pfizer and Moderna 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 can affect women's fertility.

## FACT

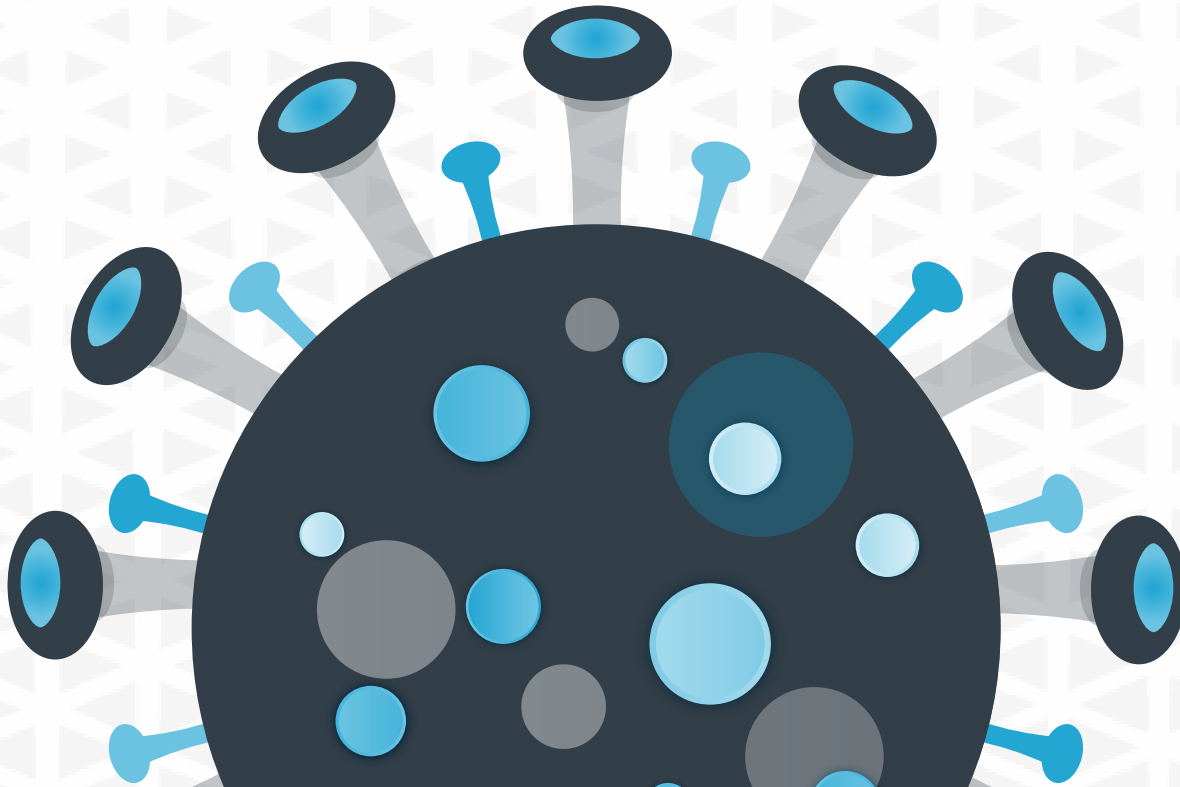
The COVID-19 vaccine will not affect fertility. The truth is that the COVID-19 vaccine encourages the body to create copies of the spike protein found on the coronavirus's surface. This "teaches" the body's immune system to fight the virus that has that specific spike protein on it.

## MYTH

Researchers rushed the development of the COVID-19 vaccine, so its effectiveness and safety 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.



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# COVID-19 VACCINE: MYTH VERSUS FACT

## 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 Pfizer and Moderna COVID-19 vaccines 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.

On Apr. 13, the CDC and FDA recommended a pause in using the J&J vaccine. Johns Hopkins Medicine will temporarily stop using the vaccine pending CDC and FDA reviews.

Effective April 23, 2021, CDC and FDA recommend that use of the Janssen COVID-19 Vaccine resume in the United States. However, women younger than 50 years old should be made aware of a rare risk of blood clots with low platelets following vaccination and the availability of other COVID-19 vaccines where this risk has not been observed.

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