

# MYTHS vs FACTS COVID-19 Vaccine



**MYTH:** The ingredients in COVID-19 vaccines are dangerous.



**FACT:** Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars, and salts.

**MYTH:** The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.



**FACT:** Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19. If you do not get vaccinated and you get sick you gamble and risk severe illness. That's no fun for anyone.

**MYTH:** COVID-19 vaccines cause variants.



**FACT:** COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19. Instead, COVID-19 vaccines can help prevent new variants from emerging. How do vaccines prevent new variants? Each time the actual COVID-19 virus gets into a new person and replicates, unchecked by their immune system, the possibility of it mutating into a new variant occurs. By being vaccinated, you can help your immune system STOP it quicker, before it has a chance to mutate. The fewer COVID-19 viruses there are out there, the fewer chances it has to mutate.

**MYTH:** COVID-19 vaccines contain microchips.

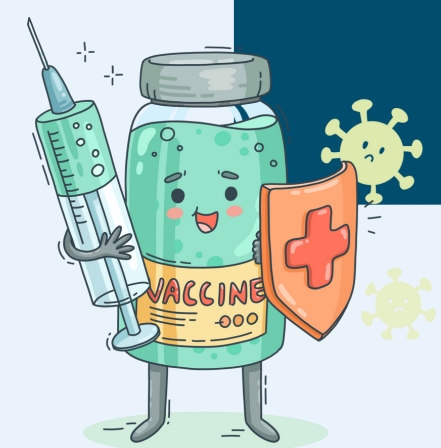


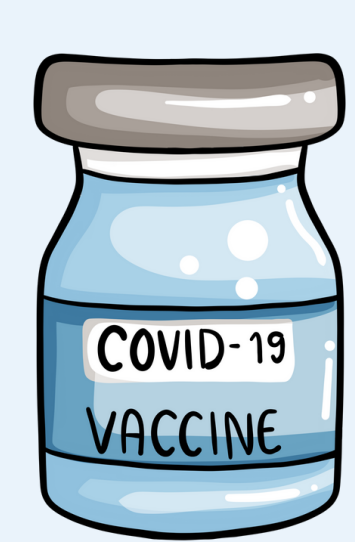
**FACT:** COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

**MYTH:** COVID-19 vaccines can alter my DNA.



**FACT:** COVID-19 vaccines do not change or interact with your DNA in any way.





# MYTHS vs FACTS

## COVID-19 Vaccine



**MYTH:** The vaccines were made too quickly to be safe.

**FACT:** The vaccine has been scientifically proven to be safe and effective. The COVID-19 vaccines went through clinical trials and safety reviews to get authorization from the Food and Drug Administration (FDA). Over 40,000 people participated in the Pfizer vaccine clinical trials, and over 30,000 in the Moderna trials.

mRNA technology is not even new to the medical field. It has been used to help patients with cancer for years, by helping to stimulate a patient's immune system to attack cancer cells. mRNA has been studied for influenza, zika virus, and rabies vaccines, and vaccines against certain types of cancer have been tested and used, all using mRNA technology, years before COVID-19 even existed.

Scientists have studied and worked with mRNA for decades.

Additionally, in regular vaccines scientists must first do one of two things: (1) make or isolate a piece of a virus (called a subpart or antigen), or (2) make a virus safe by killing or weakening it to the point that it cannot cause illness. This must be done before a vaccine can be made, as these are needed to stimulate the body's immune response. They are the main part of a vaccine.

mRNA vaccines allow scientists to skip this step, so the vaccines can be made more quickly. Instead of injecting a part of a virus or a killed/weakened form of a virus (like what is done in a typical vaccine), these mRNA vaccines inject blueprints for your own body to make a piece of the virus (subpart/antigen) for you - and only a piece of the virus cannot cause the illness, but it will trigger an immune response. You get all the same benefits of a regular vaccine, but quicker!

**MYTH:** There could be long term effects of the vaccines that we don't know about.

**FACT:** The Pfizer and Moderna COVID-19 vaccines can have side effects, but the vast majority are very short term —not serious or dangerous.

When we look at historical data regarding vaccine side effects, in general, severe side effects are extremely rare, and if they do occur, they happen within the first two months. This pattern has persisted, and as new vaccines have been released, the unknown side effects, if any, have shown up within two months of vaccination. This history goes back to at least the 1960s with the oral polio vaccine.

mRNA vaccines are no different, and patients should know that mRNA technology is not new. mRNA vaccines were being used against certain types of cancer in trials years before COVID-19 even existed.

