VACCINATION MYTHBUSTERS

VDH VIRGINIA DEPARTMENT OF HEALTH

VACCINATE VIRGINIA

COVID-19 VACCINATION: MYTHS VS. FACTS

There are myths circulating discouraging some from signing up to get one of the safe, effective and free COVID-19 vaccines authorized for use in the United States.

LET'S START WITH SOME FACTS.

FACT:

The COVID-19 pandemic has disproportionately affected African American, Latino, Asian American and other marginalized communities.

FACT:

Due to systemic inequities, these communities are at increased risk of severe illness or death from COVID-19.

FACT:

For marginalized communities, healthcare access also can be limited by other factors, such as:

- Lack of transportation or childcare
- Inability to take time off work
- Communication and language barriers
- Cultural differences between patients and providers
- Not having a usual source of care
- Historical and current discrimination in our healthcare system

NOW, LET'S MOVE ON TO ADDRESSING THOSE MYTHS.

MYTH:

Getting the COVID-19 vaccines gives you COVID-19.

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FACT:

The vaccines for COVID-19 cannot and will not give you COVID-19.

The vaccines teach your cells to make a protein that helps your immune system recognize and fight the virus. They do not cause any infection of any sort.

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MYTH: The COVID-19 vaccines can affect a person's fertility.

FACT:

The COVID-19 vaccines will not affect fertility.

The COVID-19 vaccines "teach" the body's immune system to fight the virus which will not affect the fertility of anyone seeking to become pregnant, including through in vitro fertilization methods.

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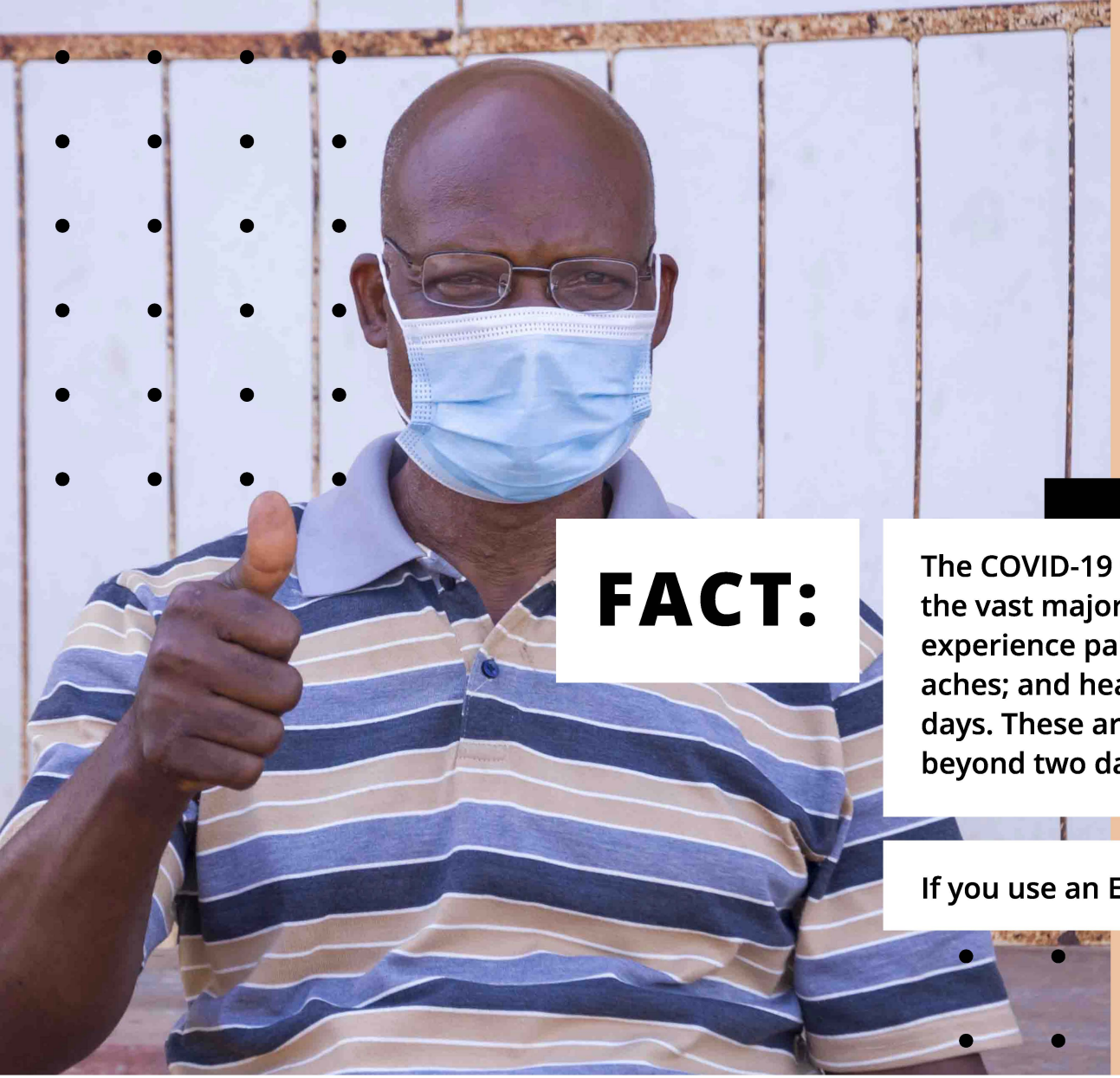
MYTH: The side effects of the COVID-19 vaccines are dangerous.



FACT:

The COVID-19 vaccines can have side effects, but the vast majority are very short term. You may experience pain where you were injected; body aches; and headaches or fever, lasting one or two days. These are normal, but if symptoms persist beyond two days, you should call your doctor.

If you use an EpiPen, consult with your doctor first.

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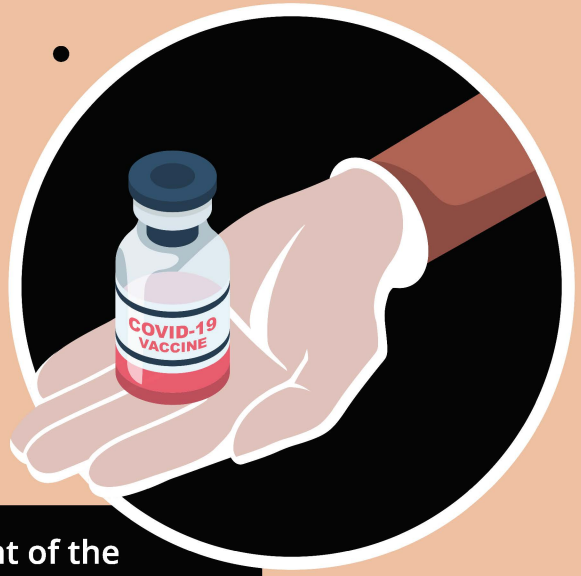
MYTH: If I've already had COVID-19, I don't need a vaccine.

FACT:

People who have gotten sick with COVID-19 should still get vaccinated.

Due to the severe health risks associated with COVID-19 and re-infection with COVID-19 being possible, people should get a COVID-19 vaccine — even if they have been sick with COVID-19 before.



MYTH:

Researchers rushed the development of the COVID-19 vaccines, so their effectiveness and safety cannot be trusted.

FACT:

Studies found the Pfizer-BioNTech and Moderna COVID-19 vaccines are both about 95% effective.

The COVID-19 vaccines were created using a method that has been in development for years, and vaccine developers didn't skip any testing steps.

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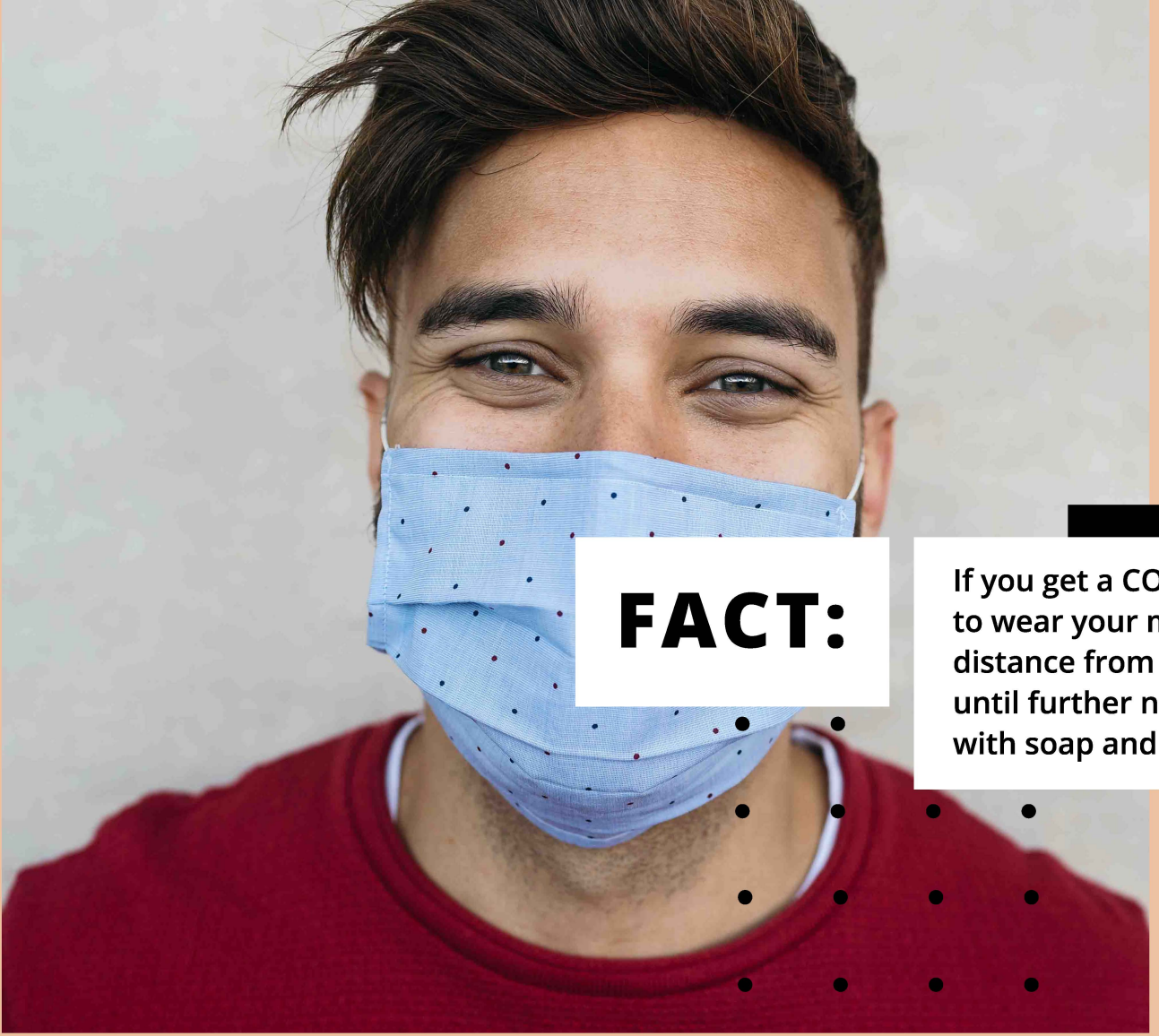
MYTH: Getting the COVID-19 vaccine means I can stop wearing my mask and stop taking coronavirus precautions.



FACT:

If you get a COVID-19 vaccination, you still need to wear your mask, and continue staying a safe distance from people outside your household, until further notice. Continue to wash your hands with soap and water for at least 20 seconds.

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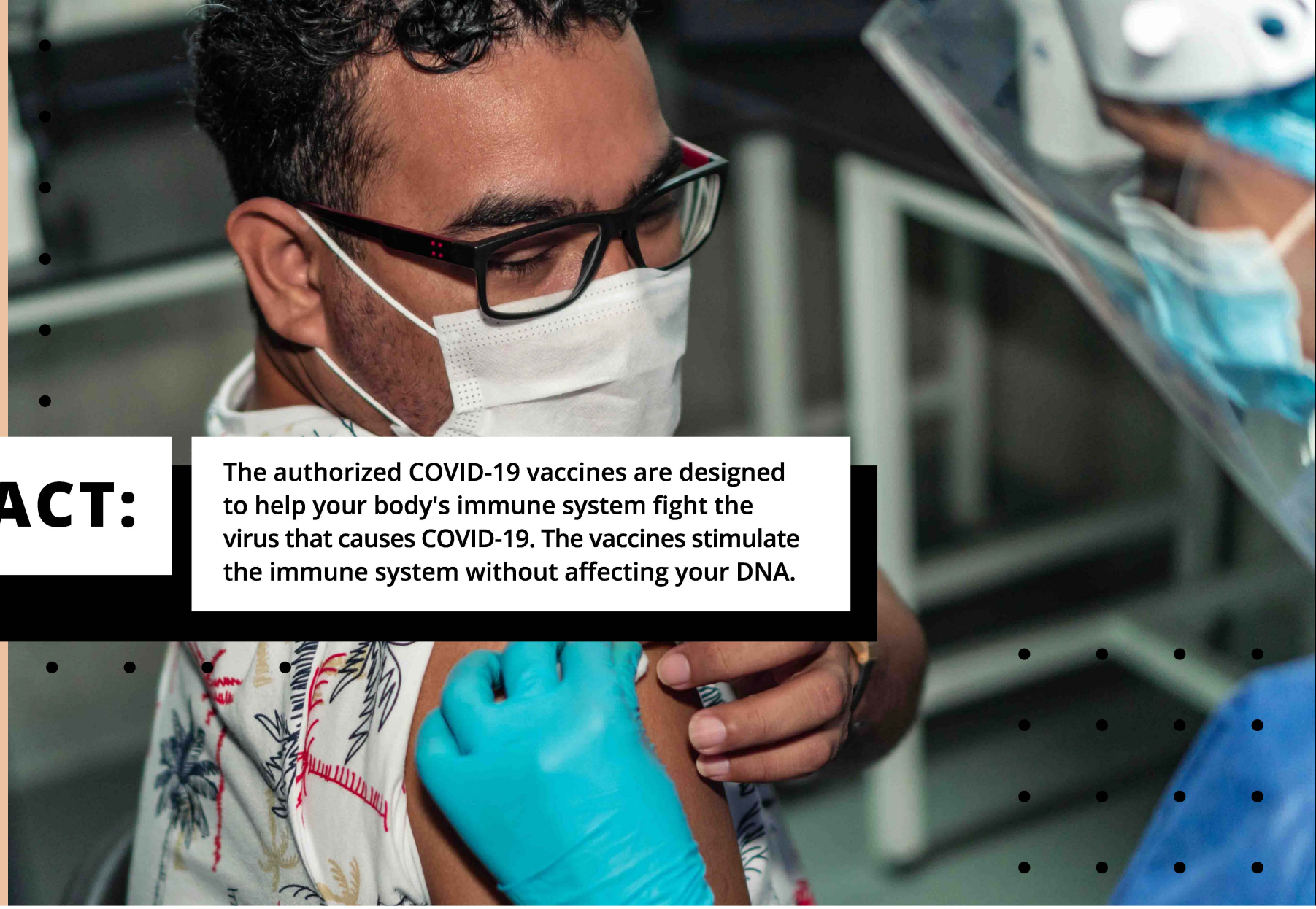
MYTH: The COVID-19 vaccines enter your cells and changes your DNA.



FACT:

The authorized COVID-19 vaccines are designed to help your body's immune system fight the virus that causes COVID-19. The vaccines stimulate the immune system without affecting your DNA.

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GET YOUR FREE VACCINATION TODAY!

Learn more at VACCINATE.VIRGINIA.GOV
or call 1-877-829-4682.

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