

Common Myths About COVID-19 Vaccines



Staying informed is key to staying healthy! There's a lot of misinformation about COVID-19 shots out there. Even though the pandemic might be over, COVID-19 can still make people very sick. Plus, some folks can have long-term health problems after getting COVID-19. It's super important to find out what's true about some of the most common myths about COVID-19 vaccinations.

Here are some popular myths:

Myth: The COVID-19 vaccine can give you COVID-19.

Fact: None of the authorized COVID-19 vaccines contain the live virus that causes COVID-19. This means the vaccine cannot make you sick with COVID-19. The vaccines work by teaching your immune system how to recognize and fight the virus. Some people may have side effects from the vaccine, such as a fever or muscle pain. But these symptoms usually go away in a few days.

Myth: The COVID-19 vaccine can cause infertility.

Fact: There is no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems. The COVID-19 vaccines have been thoroughly tested and shown to be safe and effective, with no impact on fertility.

Myth: If you've had COVID-19, you don't need the vaccine.

Fact: Even if you've had COVID-19, you should still get vaccinated. Natural immunity from having had the virus may not last long, and getting vaccinated helps protect you from reinfection.

Myth: The COVID-19 vaccine was developed too quickly to be safe.

Fact: The COVID-19 vaccines went through all the necessary stages of clinical trials. The speed was due to unprecedented global collaboration and funding, not by skipping safety protocols. The vaccines were tested on tens of thousands of participants to ensure their safety and effectiveness.

Myth: The vaccine will alter my DNA.

Fact: COVID-19 vaccines do not change or interact with your DNA in any way. Both mRNA and vector vaccines work by instructing your cells to produce a protein that triggers an immune response without altering your DNA. While the messenger RNA in the vaccine does enter cells, it does not the nucleus of the cells where DNA resides.

Myth: COVID-19 vaccines contain microchips

Fact: This is completely false. COVID-19 vaccines do not contain microchips or any form of tracking devices. COVID-19 vaccines won't track your location or movement. Their purpose is solely to protect you from the virus.

Myth: The side effects of the vaccine are worse than getting COVID-19.

Fact: The vaccine's side effects are generally mild and temporary, such as a sore arm, fatigue, or mild fever. These are much less severe than the potential complications of getting COVID-19, which can be serious and long-lasting.

Myth: You don't need the vaccine if you're young and healthy.

Fact: COVID-19 can affect people of all ages, and young, healthy individuals can still suffer from severe illness or long-term effects. Getting vaccinated also helps protect others, especially those who are more vulnerable.

Myth: The COVID-19 vaccine causes severe allergic reactions in everyone.

Fact: Severe allergic reactions to the COVID-19 vaccine are very rare. The vast majority of people can safely receive the vaccine. If you have a history of severe allergies or any other concerns, discuss it with your healthcare provider.

So, the bottom line is this: get your COVID-19 shot.