

## **The Truth about the COVID-19 Vaccine – Debunking 10 Myths and Misconceptions:**

**1. Myth: The “fast-tracked” COVID-19 vaccine is risky because it wasn’t studied on enough people, or for long enough.**

This is probably the biggest misconception about the COVID-19 vaccine. Even though the vaccine was created in under a year, that doesn’t mean corners were cut. The Pfizer study was very well done and included more than 20,000 participants—a figure that is on par with other non-COVID vaccine studies. One of the biggest time savers was that the manufacturing of the vaccine was done in conjunction with the testing.

**2. Myth: I had COVID, so that means I don’t need the vaccine. And anyway, the natural immunity that comes with getting COVID is better than vaccine immunity.**

With most infections, natural immunity is indeed better than immunity from a vaccine. But COVID may be the exception. While further research is needed to determine if this is true, it does not appear that having COVID produces lifelong immunity. That’s why a prior history of COVID is not a contraindication to getting the vaccine, and why people will not be screened before vaccination. However, if you’ve recently had COVID, you may consider waiting to get vaccinated until others have had the opportunity to get it first.

**3. Myth: There’s a chance that the vaccine might give me COVID.**

There is no chance of getting COVID from the vaccine. Some vaccines, such as the MMR vaccine, contain live virus particles that have been weakened and altered. But the COVID vaccine is not a live virus vaccine. You can’t get COVID from the vaccine because there is no COVID in the vaccine.

**4. Myth: The COVID-19 vaccine will alter my DNA.**

The COVID-19 vaccine is a newer type of vaccine called a messenger RNA vaccine. It contains a small piece of messenger RNA, which codes for the production of a protein located on the spike of the COVID virus. This triggers an immune response, which produces antibodies to that spike protein. That’s what protects you from getting infected if the real virus enters your body. But the RNA in the vaccine does not alter or interact with your DNA or any other part of your body.

**5. Myth: There’s a microchip in the vaccine - There is no microchip in the COVID-19 vaccine.**

**6. Myth: The vaccine will make me more susceptible to illness while it takes effect.**

There’s no evidence or even biological plausibility to suggest that this is true. The messenger RNA that helps make you immune to COVID does not make you more susceptible to other diseases.

**7. Myth: If everyone else around me gets the vaccine, I don’t need to get it because I will benefit from herd immunity.**

We are a long way off from herd immunity, which may take up to another year to 18 months to achieve. Right now, in this country, roughly 3,000 people a day are dying of COVID. It’s likely not a good idea to wait

**8. Myth: I just got the flu shot, so that gives me some protection against COVID.**

The flu shot does not provide any immunity to COVID and vice versa. Each vaccine treats a different disease, and both vaccines are needed.

**9. Myth: The COVID-19 vaccine is not recommended for people who have severe allergies.**

All vaccines can cause allergic reactions, and this vaccine is no exception. Allergic reactions to the vaccine appear to be rare, but as more people are vaccinated, additional data will help to provide better clarity. While having a history of allergies is not a contraindication to getting the vaccine, for those who have had a history of severe allergic reactions, a discussion with their physician might be considered.

**10. Myth: The COVID-19 vaccine is mandatory - There are no plans for the COVID-19 vaccine to be mandatory.**