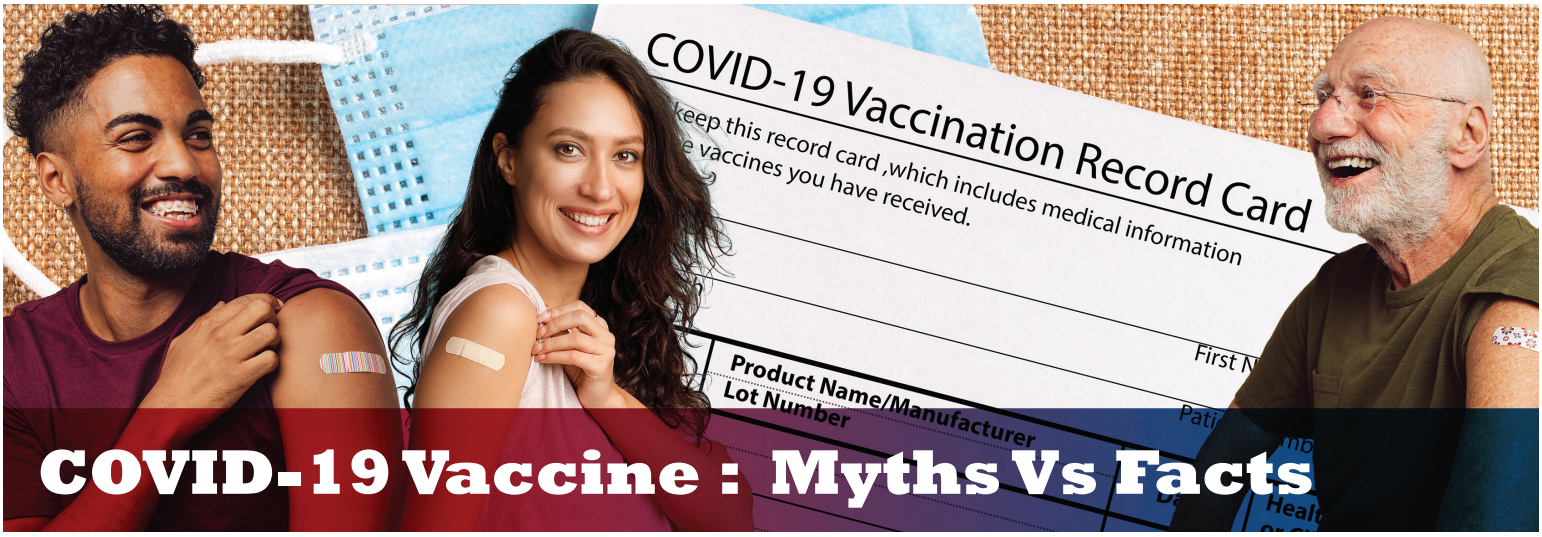


COVID-19 Vaccine : Myths Vs Facts

MYTH

The COVID-19 vaccines being used in the U.S. (i.e., Moderna, Pfizer, Johnson & Johnson's Janssen) can shed or release some of their components.

FACT

Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the COVID-19 vaccines authorized for use in the United States contain a live virus.

MYTH

The COVID-19 vaccine can alter my DNA.

FACT

COVID-19 vaccines do not change or interact with your DNA in any way. There are currently two types of COVID-19 vaccines that have been authorized and recommended for use in the United States:

1. mRNA vaccines (i.e., Moderna and Pfizer)
2. viral vector vaccines (i.e., Johnson & Johnson's Janssen)

Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept. This means the genetic material in the vaccines cannot affect or interact with our DNA in any way. All COVID-19 vaccines work with the body's natural defenses to safely develop immunity to disease.

MYTH

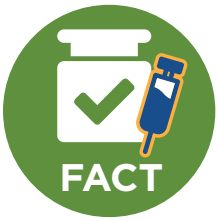
After getting a COVID-19 vaccine, I will test positive for COVID-19 on a viral test.

FACT

None of the authorized and recommended COVID-19 vaccines cause you to test positive on viral tests, which are used to see if you have a current infection. Neither can any of the COVID-19 vaccines currently in clinical trials in the United States.

If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

The COVID-19 vaccine will infect me with COVID-19.

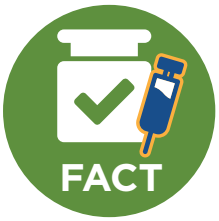


None of the authorized and recommended COVID-19 vaccines, or COVID-19 vaccines currently in development in the United States, contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

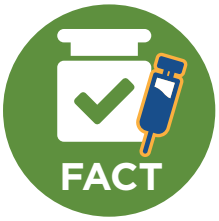
It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

The COVID-19 vaccine can make me infertile or make pregnancy unsafe.



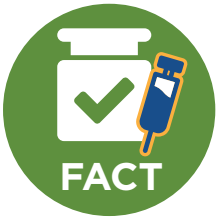
There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Being near someone who received a COVID-19 vaccine can affect my menstrual cycle.



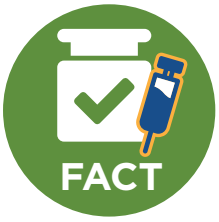
Your menstrual cycle cannot be affected by being near someone who received a COVID-19 vaccine. Many things can affect menstrual cycles, including stress, changes in your schedule, problems with sleep, and changes in diet or exercise. Infections may also affect menstrual cycles.

The CDC can mandate that I get the COVID-19 vaccine.



The federal government does not mandate (require) vaccination for people. Additionally, the CDC does not maintain or monitor a person's individual vaccination records. Whether a state or local government or employer, for example, can require or mandate COVID-19 vaccination is a matter of state or other applicable law. Please contact your state government or employer if you have other questions about COVID-19 vaccination mandates.

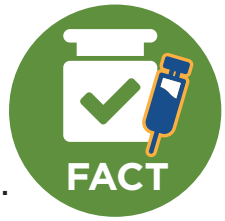
I've already had COVID-19, so I don't need a vaccine.



You should be vaccinated regardless of whether you already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible that you could be infected with the virus that causes COVID-19 again.

If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

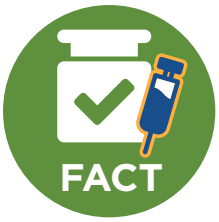
Researchers rushed the development of the COVID-19 vaccine, so its effectiveness and safety cannot be trusted.



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. Here are just a few:

- The COVID-19 vaccines from Pfizer/BioNTech and Moderna were created with a method that has been in development for decades, so the companies could start the vaccine development process early in the pandemic.
- The genetic information about COVID-19 was isolated and shared promptly, so scientists could start working on vaccines.
- The vaccine developers didn't skip any testing steps, but conducted some of the steps on an overlapping schedule to gather data faster.
- Vaccine projects had plenty of resources, as governments invested in research and/or paid for vaccines in advance.
- Some types of COVID-19 vaccines were created using messenger RNA (mRNA), which allows a faster approach than the traditional way that vaccines are made.
- Social media helped companies quickly find and engage study volunteers, and many were willing to help with COVID-19 vaccine research.
- Because COVID-19 is so contagious and widespread, it did not take long to see if the vaccine worked for the study volunteers who were vaccinated.

The side effects of the COVID-19 vaccine are dangerous.

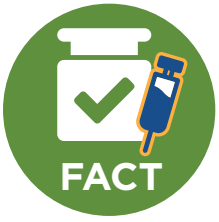


COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects. Common side effects include:

- Pain, redness, and swelling on the injection site
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

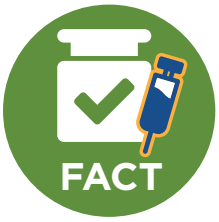
Talk to your doctor about taking over-the-counter medicine, such as ibuprofen, acetaminophen, aspirin, or antihistamines, for any pain and discomfort you may experience after getting vaccinated.

Vaccines have long-term detrimental effects on children.



Studies show that COVID-19 vaccines are safe and effective. Like adults, children may have some side effects after COVID-19 vaccination. These side effects may affect their ability to do daily activities, but they should go away in a few days. Children 12 years and older are now eligible to get vaccinated against COVID-19. COVID-19 vaccines have been used under the most intensive safety monitoring in U.S. history, including studies in children 12 years and older. Your child cannot get COVID-19 from any COVID-19 vaccine.

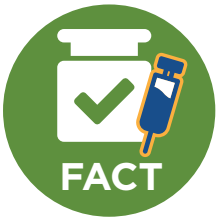
COVID-19 vaccines have caused deaths and aren't safe.



There has been no causal link to the COVID-19 vaccine in deaths that have been reported to the government's Vaccine Adverse Effects Reporting System. However, there may be a causal relationship between the Johnson & Johnson vaccine and blood clots that have caused death in very rare cases.

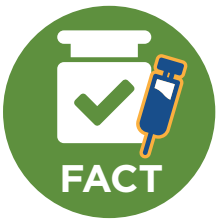
American Academy of Pediatrics infectious disease experts analyzed the data on the vaccine's safety and efficacy from research thus far, and made a recommendation that all eligible children should receive the vaccine.

COVID-19 vaccines are dangerous, that's why use of the Johnson & Johnson vaccine was discontinued.



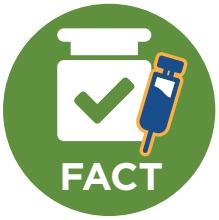
Use of the Johnson & Johnson vaccine was paused out of an abundance of caution. The vaccine is associated with a rare type of blood clot formed in the brain, impacting less than 1 in 1 million people. In contrast, people with COVID-19 are up to 10 times more likely to get a blood clot than people who get the vaccine.

My COVID-19 vaccine is not valid if I don't get the second shot exactly 21 or 28 days after the first COVID-19 shot.



The second dose of Pfizer-BioNTech and Moderna vaccines should be administered as close to the recommended interval as possible, but not earlier than recommended (i.e., 3 weeks [Pfizer-BioNTech] or 1 month [Moderna]). However, second doses administered within a grace period of 4 days earlier than the recommended date for the second dose are still considered valid. If it is not feasible to adhere to the recommended interval and a delay in vaccination is unavoidable, the second dose of Pfizer-BioNTech and Moderna COVID-19 vaccines may be administered up to 6 weeks (42 days) after the first dose. Currently, only limited data are available on efficacy of mRNA COVID-19 vaccines administered beyond this window.

I'm young and healthy, so I don't need to get vaccinated.



It is critical for young, healthy adults to get vaccinated. The B.1.1.7 variant is heavily impacting young people, with more young people getting hospitalized as this more infectious strain becomes dominant. Additionally, young adults can get long-term complications, including chronic fatigue, chest pain, shortness of breath and brain fog months after infection. Young adults are also easy transmitters of COVID-19, and can inadvertently infect more vulnerable populations.

Sources & More Information

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- COVID-19 Vaccine Clinical Considerations: https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html
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