



## **COVID-19 Vaccine Common Myths & Misconceptions** <sup>123</sup>

### **Myth: The vaccine is not safe because it was rapidly developed and tested**

**Fact:** Many pharmaceutical companies invested significant resources in developing a vaccine for COVID. The emergency situation required an emergency response, however, that does not mean the companies bypassed any safety protocols or didn't perform adequate testing. To receive emergency use authorization, the biopharmaceutical manufacturer must have followed at least half of the study participants for at least two months after completing the vaccination series, and the vaccine must be proven safe and effective in that population.

### **Myth: I already had COVID-19 and recovered, so I don't need a vaccination**

**Fact:** It is widely recommended to get the vaccine even if you have contracted and recovered from COVID-19. This is still being studied, but early evidence suggests immunity from COVID-19 may not last very long.

### **Myth: The vaccine can cause COVID-19**

**Fact:** You cannot get COVID-19 from the vaccine. The COVID-19 vaccines we have now and the ones in development contain only bits of virus mRNA or protein to trick the body into mounting a defense that prevents real infection.

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

**Fact:** Injecting mRNA into your body will not interact or do anything to the DNA of your cells. mRNA vaccines work by instructing cells in the body how to make a protein that triggers an immune response.

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<sup>1</sup> Centers for Disease Control and Prevention (2021, January 21)  
*COVID-19 Vaccine: Helps protect you from getting COVID-19.*  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

<sup>2</sup> Ontario Ministry of Health (2021, January 7)  
*Information Sheet Pfizer-BioNTech and Moderna COVID-19 Vaccines*  
[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19\\_information\\_sheet\\_pfizer-biontech.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_information_sheet_pfizer-biontech.pdf)

Tanula, M. (2020, December 9). *COVID-19 Vaccine Myths Debunked*. Mayo Clinic News Network. <https://newsnetwork.mayoclinic.org/discussion/covid-19-vaccine-myths-debunked/>

**Myth: Vaccines cause infertility or miscarriage**

**Fact:** No, COVID-19 vaccines have not been linked to infertility or miscarriage.

While there are no formal studies, the best studies come from women who got sick with COVID-19 while pregnant. There is no evidence of the COVID-19 infection causing increased miscarriage rates. During natural infection, the immune system generates the same antibodies to the spike protein that COVID-19 vaccines would.

**Myth: Once I have the vaccine, I no longer need to follow public health precautions**

**Fact:** Until enough people are vaccinated and the pandemic is under control, it is essential that everyone continue to mask, physically distance and wash their hands. Two vaccines a few weeks apart are required and it takes time to make antibodies. Also, we don't know if it's possible for vaccinated individuals to asymptotically transmit virus to others.

**Myth: mRNA vaccines have dangerous ingredients**

**Fact:** The Pfizer and mRNA vaccines have gone through rigorous studies to ensure they are as safe as possible. They do NOT contain preservatives, formaldehyde, mercury, egg, fetal cells or microchips!