

CoViD-19 Vaccination ... Facts & Myths

Facts

- **You cannot get COVID-19 from the current Vaccine.**
The mRNA Vaccine does NOT have a live (attenuated) virus NOR a killed (inactivated) virus.
 - **You may experience side effects after getting the Vaccine.**
This is your body's way of creating immunity to the virus. Common side effects include injection site soreness (84%), fatigue (62%), headache (55%), chills (32%), and fever (14%); swelling may also occur.
 - **The Vaccine is safe and effective.**
More than 21 million people in the U.S. have been infected and over 361,000 people have died from COVID-19 (cases and deaths are constantly increasing and overwhelming our healthcare delivery system). COVID-19 Vaccinations are more than 90% effective.
 - **Current Vaccinations are given as two doses**
This improves your immune response to the COVID-19 viral infection.
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Myths

- **"Scientists rushed Vaccine development."**
Red-tape and bureaucracy were appropriately adjusted, allowing emergency authorization from the U.S. Food & Drug Administration (FDA). This action, took the politics out of the picture, so that science could determine safety and effectiveness.
- **"Nano-chips are placed in the vaccine to track or identify people."**
If you believe this to be true, you should also be concerned about your cell phone and your credit card/debit card because your card can be tracked by its use.
- **"The Vaccine changes your DNA, causing cancer and other problems."**
The **Pfizer-BioNTech** and **Moderna** Vaccines are mRNA vaccines, that have *emergency use authorization (EUA)* from the FDA. *They do not change your cellular DNA.* Both vaccines teach the body's immune system to respond effectively to the part of the virus that causes the infection and subsequent illness.
- **"Masks make you sick."**
The mask limits the small liquid particles that can carry the viruses from person to person, thereby providing protection for you and those around you. Sufficient amounts of oxygen and carbon dioxide pass freely through your mask. Consult with your physician if you have acute or chronic breathing conditions.
- **"I do not need to wear a mask after getting the Vaccine."**
Until enough people have been vaccinated, you should continue to wear a mask, physical distance (6 or more feet), avoid gatherings and crowds, wash your hands, and sanitize surfaces. If you develop COVID-19 symptoms (fever, cough, altered taste and smell, etc.) report them to your provider early. Get tested and if positive, *Isolate* yourself. If you have been exposed to someone who tested positive, for COVID-19, you should be *Quarantined*. Consult your healthcare provider without delay for further instructions.
- **"I do not need the Vaccine if I have already had the viral infection"**
Those who have already had the viral infection, should still get the vaccine. Individuals should wait about 90 days from the time they tested positive, before getting vaccinated. Again ... please consult with your healthcare provider.