

# COVID-19 VACCINE: GET THE FACTS



## **Myth 1: You can catch COVID-19 from the vaccine.**

**Fact: You can't catch COVID-19 from the shot as none of the vaccines contain the live virus.** If you have mild symptoms like fever or a sore arm after vaccination, it doesn't mean you have the virus or that the vaccine is unsafe—it means the vaccine is prompting a strong immune response, a necessary part of teaching your body to fight COVID-19.

## **Myth 2: The vaccines were rushed so they're not safe.**

**Fact: The COVID-19 vaccines are safe and effective.** They went through the same intense clinical trials as every vaccine with many months of study on thousands of volunteers. They've been safely given

to millions of people. The vaccines were ready so quickly thanks to extraordinary collaboration between scientists and clinicians around the world, streamlined production, and existing research. The mRNA technology used in Pfizer and Moderna has been an important part of vaccine research for 30 years.

## **Myth 3: The COVID-19 vaccines can change your DNA.**

**Fact: COVID-19 vaccines can't change your DNA; they don't enter the nucleus of your cell where DNA is kept.** Messenger RNA (mRNA), which is used in Pfizer and Moderna, does not change your DNA either; it is used like a set of instructions, teaching your body how to identify and fight COVID-19.

## **Myth 4: I've already had COVID-19 so I don't need to be vaccinated.**

**Fact: We're still learning about COVID-19, but the studies so far indicate only short-term immunity following natural infection; vaccines are designed to provide broader and longer-lasting protection.** Additionally, the new variants mean you may be vulnerable to re-infection. Vaccination is the safest way to ensure protection for you and those you love *without* the serious risks associated with catching COVID-19 like severe complications, chronic symptoms, hospitalization, and even death.

## **Myth 5: There are long-term effects from the vaccine.**

**Fact: There have been no reports of serious long-term effects from the vaccines in months of study,** and the serious long-term effects from getting COVID-19 are already proven: COVID-19 "long haulers" with persistent chronic symptoms, hospitalization, and death. The vaccines are safe, effective, and the key to ending this pandemic. To stop an illness from spreading widely or mutating into new strains, a large enough section of the population must be immunized against it. Please help us reach that level of protection!

To schedule your COVID-19 vaccine at **NO COST to you**, call the **Laurel Health Centers** at 1-833-LAURELHC (1-833-528-7354) and select the location of your choice; you don't have to be an LHC patient to schedule. To learn more about how these vaccines work or to schedule online, visit [laurelhc.org](https://www.laurelhc.org).

**Get back to the people, places, and things you love safely. Get vaccinated.**

