



Myths and Truths: COVID-19 Vaccine

If you are offered a COVID-19 vaccine, you should get it right away. The vaccine is the best way to protect yourself, your family, and others around you.

Myth: “I don’t need the vaccine because I am healthy and strong.”

Truth: Getting vaccinated will also help prevent you from spreading the virus to family and friends. Vaccination is very important in preventing spread of COVID-19 and getting us back to living in a healthy community.

Myth: “The vaccine is experimental. We can’t trust it because they were made quickly, it’s not safe.”

Truth: There are several different vaccines that can protect us against the virus. They are all safe and effective. None of the normal steps in the vaccine testing process were skipped in developing these vaccines. They are not experimental. They are not being offered for the purpose of research.

Myth: “The vaccine will make me sick.”

Truth: You may have some minor side effects from the COVID-19 vaccination. Common side effects include a little pain in the arm where you received the shot. A few people have chills, tiredness, or headache, which go away in a day or two. This is normal. It is a sign that your body is building defenses against the virus.

Myth: “Taking the vaccine will infect me with COVID-19.”

Truth: These mild symptoms after vaccination are not the same as getting COVID-19 disease. The vaccine will not give you the virus. That is not possible. Getting vaccinated protects you from getting very sick from COVID-19.

Myth: “The vaccine is being used by the government to track people.”

Truth: You may have seen misinformation about vaccines on social media. The vaccines do not contain microchips, or any form of tracking device implemented by the government or any other entity. Do you believe everything you hear? The COVID-19 vaccine is about preventing more cases, hospital stays, and deaths.

Myth: “I already had COVID-19, so I won’t benefit from the vaccine.”

Truth: Experts say that even if you had COVID-19, it is still recommended for you to get the vaccine to give you stronger protection.



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