

# COVID-19 Vaccines Mythbusters



## Myth #1: I will get COVID-19 from the vaccine

FALSE 

- mRNA vaccine does not use live virus that causes COVID-19.
- Vaccines teach immune system how to recognize and fight the virus.
- Note: symptoms like fever can develop but it is normal.
- Vaccine takes a week to build memory.
- However, it is still possible to get infected by COVID-19 while body is building the immune system.

## Myth #2: mRNA will change my DNA

FALSE 

- mRNA: short amount of code to build the spike protein.
- Does not enter where DNA are kept.
- Gives information to recognize a piece of virus.
- Gets rid of mRNA but keeps the memory.



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## **Myth #3: There are dangerous ingredients in these vaccines**

FALSE



- Vaccines are free of preservative free.
- Contains mRNA wrapped in fatty layer for protection.
- Common ingredient: polyethylene glycol (PEG).
- Helps to make fatty layer, salts, sugar and water.
- There are no blood products, fetal cells, mercury, or formaldehyde.
- Does not contain common allergens: eggs, preservatives, latex.

## **Myth #4: The vaccines were developed too quickly**

FALSE



- Reasons for usual slowness: delays in funding and in coordinating various stages of research.
- Faster because of cooperation, coordination, investment around the world with more resources.
- Faster manufacturing, rapid recruitment, technology use.
- mRNA has been studied for decade before pandemic.



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## **Myth #5: Pfizer vaccine can cause death**

FALSE



- No evidence of vaccine causing death.
- Death aligns with normal death rate for general population.

## **Myth #6: COVID Vaccines affect fertility**

FALSE



- Clinic and post-market studies have provided evidence that COVID-19 mRNA vaccines have no impact on fertility.
- However, infection with SARS-CoV-2 may reduce fertility in males.

## **Myth #7: It is unsafe to get COVID-19 vaccine during pregnancy**

FALSE



- Hundreds of thousands of pregnant people across the world have participated in studies, growing evidence consistently indicates that mRNA COVID-19 vaccines do not cause pregnancy complications or adversely affect human milk.
- Antibodies are found in cord blood after vaccination, suggesting efficient transfer through the placenta.
- Vaccine-induced antibody can transfer through human milk.



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## **Myth #8: COVID-19 vaccines cause AIDS**

FALSE



- AIDS is caused by HIV virus, none of the vaccines contain AIDS/HIV virus, or make people more susceptible to contracting this or any other virus.

## **Myth #9: Women who take COVID-19 vaccines can't breastfeed**

FALSE



- If you are breastfeeding, you should get vaccinated against COVID-19 to help your immune system build antibodies that defeat the virus. These antibodies may even travel through breast milk and protect your baby as well.

## **Myth #10: The virus mutates so fast that there is no need to get vaccinated. Vaccines will never work against all these mutations**

FALSE



- COVID-19 vaccines that received WHO Emergency Use Listing have been shown to remain effective against severe disease and death even from currently known variants of the virus.



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**Myth #11: COVID-19 Booster is not necessary if I got vaccinated before.**

FALSE



- The COVID-19 vaccine is highly effective, but like many vaccines, a booster shot is needed to ensure the most protection over time. The COVID-19 booster provided added protection from the virus and its variants. Getting a booster helps prevent serious illness, hospitalization and death.

**Myth #12: If I've had COVID-19, I have immunity to the virus and don't need the vaccine.**

FALSE



- We don't know the level of immunity that people who've recovered from COVID-19 have and how long it lasts. Getting vaccinated is encouraged to maximize protection.



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**Myth #13: New variants of COVID-19 are mild and symptoms resolve quickly.**

FALSE



- Although many people experience mild symptoms of COVID-19, some people get severely sick and need hospitalization. Some people experience long term symptoms after a COVID-19 infection called “post COVID-19 condition”, commonly known as “long COVID-19”. The best way to prevent this condition is to prevent getting COVID-19, by staying up-to-date with your COVID-19 vaccinations and practicing public health measures.

**Myth #14: I can only get vaccinated if I have an Ontario Health Card (OHIP).**

FALSE



- The COVID-19 vaccine is free for everyone in Canada. If you do not have an Ontario Health Card, you are still able to get the vaccine. You only need to provide a piece of government-issued ID such as a driver’s licence or passport.



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**Myth #15: I am young and healthy, so I don't need to get vaccinated.**

FALSE



- Anyone can get seriously ill from COVID-19 and end up in the hospital or worse. Thousands of Canadians have died, including many young, previously healthy people. Also, when the young and healthy people are immunized, it keeps everyone in the community safer because the virus has fewer opportunities to spread.

**Myth #16: COVID-19 vaccinations go against my personal or religious beliefs.**

FALSE



- Many faith leaders around the world have spoken about the moral duty of their faith communities to be immunized to help protect their friends and neighbours. The vaccines approved in Canada do not contain gelatin, pork products or fetal tissue.



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## **Myth #17: Getting vaccinated will hurt my paycheque.**

FALSE



- COVID-19 vaccines are free in Canada. If you work in the core public administration you have access to up to half a day of paid leave for each vaccination appointment under the Employment Standards Code.

## **Myth #18: Children don't get severely sick with COVID-19, so they don't need to be vaccinated.**

FALSE



- A COVID-19 vaccine can prevent your child from getting COVID-19 and spreading it at home and in school.
- If your child gets COVID-19, a COVID-19 vaccine could prevent severe illness. Getting a COVID-19 vaccine can also help keep your child in school and more safely have playdates and participate in sports and other group activities.



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**Myth #19: COVID-19 vaccines don't work because you can still get COVID after vaccination.**

FALSE



- COVID-19 vaccination will protect most people from getting sick with COVID-19. But some fully vaccinated people will still get sick. These are called vaccine breakthrough infections.
- People with vaccine breakthrough infections can spread COVID-19 to others. However, fully vaccinated people with a breakthrough infection are less likely to have serious illness with COVID-19 than those who are unvaccinated. Even when vaccinated people develop symptoms, they tend to be less severe than those experienced by unvaccinated people.

**Myth #20: We don't know what's in the vaccine.**

FALSE



- We can know what's in Health Canada-approved vaccines, including mRNA vaccines (Pfizer-BioNTech and Moderna). To read the full list of ingredients and learn about what they do, visit: <https://covid-19.ontario.ca/covid-19-vaccine-safety>



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