

# The real facts about common COVID-19 vaccine myths.

There is a lot of information about the COVID-19 vaccine out there. A lot of it isn't true. Learn the facts and stay healthy.

**Myth: The COVID-19 vaccines aren't safe because they were made too quickly.**

**Fact: The vaccine has been scientifically proved to be safe and effective.**

The COVID-19 vaccine went through clinical trials and safety reviews to get authorization from the Food and Drug Administration (FDA). Over 40,000 people participated in the Pfizer vaccine clinical trials, and over 30,000, in the Moderna trials.

**Myth: The COVID-19 vaccine causes really bad side effects and allergic reactions.**

**Fact: The vaccine can cause mild side effects, like other vaccines.**

The most common side effects are fatigue, headache, pain or redness around the injection area, and muscle or joint pain. Side effects like these, while unpleasant, are all signs that your body is working to protect itself from the virus that causes COVID-19. People who have had bad allergic reactions to the ingredients of this vaccine should not get the vaccine.

**Myth: I'm not at risk to get very sick with COVID-19, so I don't need the vaccine.**

**Fact: No matter your level of risk, you can still get the virus and spread it.**

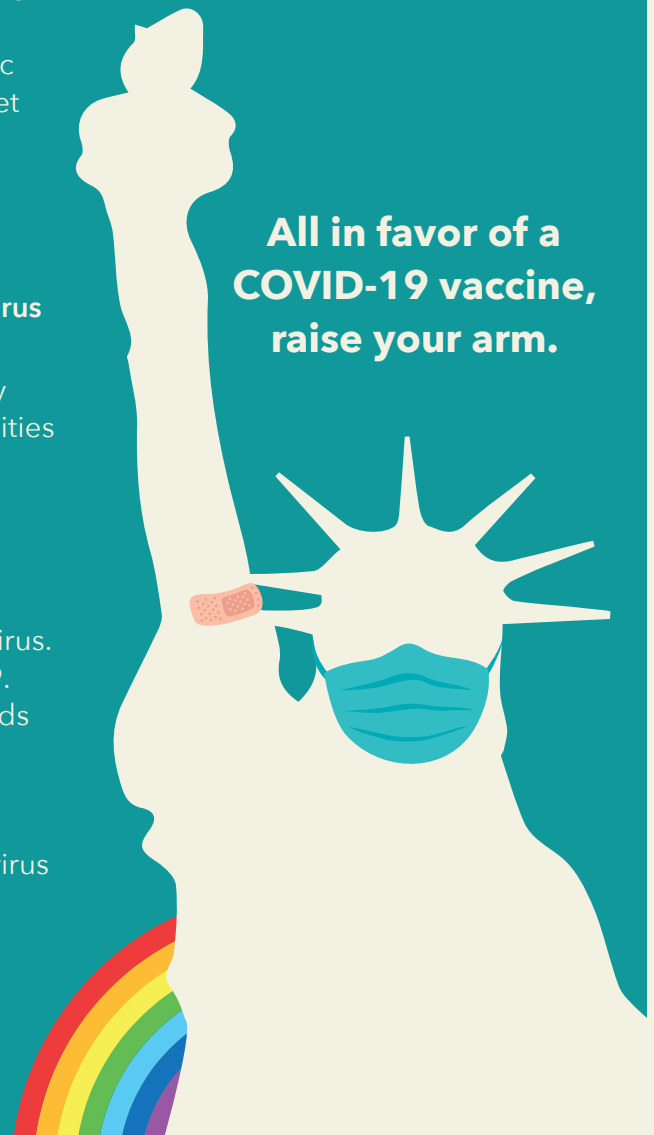
Once it is widely available, giving the vaccine to as many eligible adults as possible will help protect our communities from the virus – this is also called herd immunity.

**Myth: I can get COVID-19 from the vaccine.**

**Fact: You cannot get COVID-19 from the vaccine.**

None of the approved COVID-19 vaccines use the live virus. There is nothing in the vaccine that can cause COVID-19. The Pfizer and Moderna vaccines use mRNA, which stands for messenger ribonucleic acid. mRNA teaches our cells how to make a protein that causes an immune response in our bodies. That immune response, which produces antibodies, protects us from getting infected if the real virus enters our bodies.

**All in favor of a  
COVID-19 vaccine,  
raise your arm.**



**Myth:** The COVID-19 vaccine can change my DNA or genetic makeup.

**Fact:** The vaccine cannot change a person's DNA or genetic makeup.

The mRNA in the vaccine never affects or interact with your genetic material in any way. The body gets rid of the mRNA after 1-2 weeks.

**Myth:** Using mRNA in vaccines is a new technology that we know little about.

**Fact:** Scientists have been studying the use of mRNA in vaccines for decades.

**Myth:** I already had COVID-19, so I don't need the vaccine.

**Fact:** You should get the vaccine, even if you had COVID-19.

Experts don't know if antibodies from infection can protect from re-infection. You can get the vaccine once your symptoms stop and after your recommended isolation period ends.

**Myth:** The vaccine implants tracking microchips on people.

**Fact:** There are no tracking devices in the vaccine.

There are no microchips or tracking devices in the vaccine. This myth started on the Internet with false claims about microchips in vaccines.

**Myth:** If I am allergic to eggs, I can't get the COVID-19 vaccine.

**Fact:** The COVID-19 vaccine doesn't contain eggs.

**Myth:** The COVID-19 vaccine is made with fetal tissue.

**Fact:** The vaccine doesn't contain fetal tissue.

The ingredients in the vaccine include mRNA, saltwater, amines and sugar.

**Myth:** Once I get the COVID-19 vaccine, I don't need to wear a mask anymore.

**Fact:** You should continue to wear a mask and practice social distancing after getting the vaccine.

Even if you get the vaccine, you should still follow all COVID-19 safety guidelines. The vaccine protects you from getting ill from COVID-19, but experts don't know if you can still carry the virus and spread it to others.



Talk to your health care provider if you have any questions. Learn more about the COVID-19 vaccine at [nychealthandhospitals.org/covidvaccine](https://nychealthandhospitals.org/covidvaccine).

