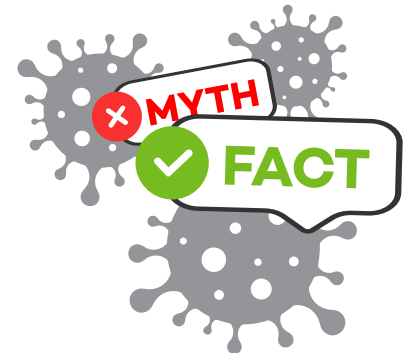


# COVID-19 Vaccine Myths Busted!

Having accurate COVID-19 vaccine information is important. There are many myths and rumors floating around, and it can be difficult to know which sources of information you can trust.

Below are several common COVID-19 Vaccination myths and facts stated by the CDC.



## ✘ MYTH

**The ingredients in COVID-19 vaccines are dangerous.**

## ✔ FACT

Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars, and salts. COVID-19 vaccines do NOT contain ingredients like preservatives, tissues, antibiotics, food proteins, medicines, latex, or metals.

## ✘ MYTH

**The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.**

## ✔ FACT

Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19. Getting sick with COVID-19 can cause severe illness or death, and we can't predict who will have mild or severe illness. If you get sick, you can spread COVID-19 to others. You can also continue to have long-term health issues after COVID-19 infection.

## ✘ MYTH

**COVID-19 vaccines cause variants.**

## ✔ FACT

COVID-19 vaccines do not create or cause variants of the virus. Instead, COVID-19 vaccines can help prevent new variants from emerging.

New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). As the virus spreads, it has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging.

**✗ MYTH**

**The mRNA vaccine is not considered a vaccine.**

**✓ FACT**

mRNA vaccines, such as Pfizer-BioNTech and Moderna, work differently than other types of vaccines, but they still trigger an immune response inside your body. This type of vaccine is new, but research and development on it has been underway for decades.

The mRNA vaccines do not contain any live virus. Instead, they work by teaching our cells to make a harmless piece of a “spike protein,” which is found on the surface of the virus that causes COVID-19.

**✗ MYTH**

**COVID-19 vaccines contain microchips.**

**✓ FACT**

COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.

Learn more about the ingredients in the COVID-19 vaccinations authorized for use in the United States.

**✗ MYTH**

**Receiving a COVID-19 vaccine can make you magnetic.**

**✓ FACT**

Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination (usually your arm). COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

**✗ MYTH**

**COVID-19 vaccines can change your DNA.**

**✓ FACT**

COVID-19 vaccines do not change or interact with your DNA in any way.

The genetic material delivered by mRNA vaccines (Pfizer & Moderna) never enters the nucleus of your cells, which is where your DNA is kept.

Viral vector COVID-19 vaccines (Johnson & Johnson) deliver genetic material to the cell nucleus to allow our cells to build protection against COVID-19. However, the vaccine does not have the ability to mix its genetic material into our DNA, so it cannot change our DNA.

**✗ MYTH**

**A COVID-19 vaccine can make you sick with COVID-19.**

**✓ FACT**

Because none of the approved COVID-19 vaccines in the United States contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms (fever, chills, muscle pain, etc.). These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

**✗ MYTH**

**The COVID-19 vaccine for children is not safe.**

**✓ FACT**

The COVID-19 vaccine for children between the ages of 5 to 11 years has undergone thorough testing by both FDA and CDC. COVID-19 vaccines have and will continue to undergo the most intensive safety monitoring in U.S. history.

**✗ MYTH**

**It is safer for my child to build immunity by getting infected with COVID-19 than to build immunity by getting the vaccine.**

**✓ FACT**

Getting children ages 5 years and older vaccinated against COVID-19 is the best way to protect them from COVID-19. Children's risk of COVID-19 infection is similar to adults. When children get COVID-19, they may be sick for several days and miss school and other opportunities for learning and play with others. Children who are not vaccinated and get COVID-19 may also be at risk for prolonged post-COVID-19 conditions, hospitalization, multisystem inflammatory syndrome (MIS-C), or death.

**✗ MYTH**

**COVID-19 vaccines cause fertility and other reproductive issues.**

**✓ FACT**

There is no evidence that any of the COVID-19 vaccines cause fertility problems in women or men. In fact, COVID-19 vaccination is recommended for people who are pregnant, trying to get pregnant now, or might become pregnant in the future, as well as their partners.

For more COVID-19 Vaccine Facts visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>