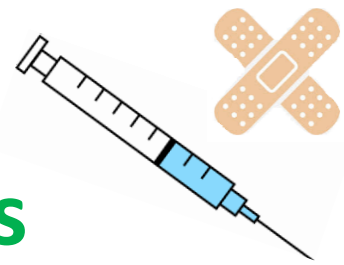


COVID-19 Vaccine: Myths and Facts



Vaccination is one of the best ways to prevent the spread and reduce the impact of viruses such as the one that causes COVID-19. Before any vaccines are used in Canada, they are tested to make sure they are safe and effective

You may hear and read a lot of confusing information about the vaccine and it is very important that you get your information from trusted sources

The information on this fact sheet is from the Public Health Agency of Canada, Public Health Ontario and the World Health Organization



Myth: The COVID-19 vaccine is not safe because it was created quickly

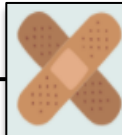
Fact: The virus that causes COVID-19 is not completely new; similar viruses such as SARS and MERS-CoV have been studied very well. The vaccine went through the same approval requirements as other vaccines used across the world, including vaccine testing using volunteers from different backgrounds and races. The COVID-19 vaccine creation was funded by many countries and has been approved by health experts from countries across the world.



Myth: The COVID-19 vaccine will change my DNA

Fact: Some COVID-19 vaccines are made of mRNA, which is a genetic material. The mRNA in these vaccines never goes into the nucleus part of the cell, which is where our DNA is. Therefore, the mRNA in these vaccines will not do anything to your DNA.





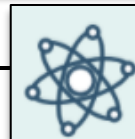
Myth: The COVID-19 vaccine has severe side effects and is dangerous for your health

Fact: There may be short-term and mild reactions, like mild fever, sore arm and headache that go away without complications. Health experts are keeping track of these reactions. These mild reactions are normal; these reactions mean the vaccine is working in your body. Serious reactions like an allergic reaction are rare. You will be asked to stay at the vaccination site for 15-30 minutes after the vaccine so medical staff can monitor you and provide help if needed.



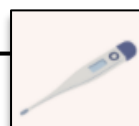
Myth: I can die from receiving the COVID-19 vaccine

Fact: No one is known to have died as a direct result of the COVID-19 vaccine.



Myth: There are long-term side effects of the COVID-19 vaccine

Fact: Ongoing studies have not found any long-term side effects to date. Studies will continue to monitor.



Myth: The COVID-19 vaccine will give me COVID-19

Fact: No. The vaccines approved in Canada so far, do not contain the virus that causes COVID-19.



Myth: The vaccines will not provide long lasting protection from COVID-19

Fact: Studies are still underway. Public health will let the public know if they require booster shots when the information is available.



Myth: I had COVID-19 so; I do not need to get vaccinated

Fact: We still do not know enough about this virus; some people have gotten COVID-19 more than once. Even if you have had COVID-19, it is still recommended to get vaccinated.



Myth: I will not need to wear a mask after getting the COVID-19 vaccine

Fact: Precautions such as wearing a mask and physical distancing are still required, even if you are vaccinated. Public Health officials will let you know when precautions are no longer needed.



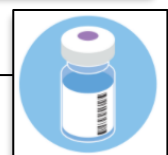
Myth: The COVID-19 vaccine causes infertility

Fact: There are no scientific links between the COVID-19 vaccines and infertility.



Myth: If I have an underlying medical condition, I should not get the COVID-19 vaccine

Fact: It is important you talk to your healthcare provider for advice based on your medical history before getting the COVID-19 vaccine.



Myth: I can choose which COVID-19 vaccine I get when I get vaccinated.

Fact: You will not be able to choose which COVID-19 vaccine you will get; it will be based on availability at the time of your vaccination. All COVID-19 vaccines approved in Canada so far including Pfizer, Moderna, AstraZeneca and Johnson & Johnson/Janssen, are effective and will protect you from getting severely ill or dying from COVID-19.