

# COVID-19

# Vaccine Myth Busters



These myth busters can help CalOptima members and your patients know the facts about the COVID-19 vaccines.

**Myth:** The COVID-19 vaccines are unsafe because drug companies made them quickly.

**Fact:** COVID-19 vaccines are safe and were tested in tens of thousands of people in clinical studies. They also met the U.S. Food & Drug Administration (FDA) tough scientific standards for being safe, effective and manufacturing quality. Over 167 million doses of COVID-19 vaccine have been safely given.

**Myth:** COVID-19 variants will make the vaccines useless.

**Fact:** Data from COVID-19 vaccines indicate that all FDA approved vaccines protect against both the original virus and the variants.

**Myth:** The COVID-19 vaccines will make me sick with COVID-19.

**Fact:** The approved COVID-19 vaccines do not have the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19. It takes a few weeks to build immunity after full vaccination. It is likely that a person could be infected just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to give protection.

**Myth:** I won't be able to get or stay pregnant if I take a COVID-19 vaccine.

**Fact:** Although there are ongoing studies on vaccine side effects, currently there is no proof that COVID-19 vaccines cause problems with pregnancy or fertility. If you are pregnant now or would like to get pregnant in the future, the CDC guidelines advise you to get the COVID-19 vaccine.

**Myth:** I have had COVID-19, so I don't need to get vaccinated.

**Fact:** Even if you have had COVID-19, it is possible — while rare — that you can get infected again. The vaccine protects against multiple strains that you most likely were not exposed to before. You should get vaccinated whether or not you have already had COVID-19.

**Myth:** I have allergies, so I can't get a COVID-19 vaccine.

**Fact:** If you have an animal, food, pollen, latex or other types of allergies, it is OK to get vaccinated. In rare cases, some people have had a serious allergic reaction to the COVID-19 vaccines. If an allergic reaction happens within 4 hours after getting vaccinated, call 9-1-1. Talk to your doctor first if you are concerned about allergies

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# COVID-19 Vaccine Myth Busters - cont.



**Myth:** I have a severe medical condition, so I cannot get a COVID-19 vaccine.

**Fact:** People with certain severe medical conditions are at a higher risk of being seriously ill from COVID-19. Vaccination, wearing a mask and physical distancing are important preventive measures, especially for those with severe medical conditions. Talk to your doctor if you have concerns about a medical condition, and about the steps you can take to manage your health.

**Myth:** The COVID-19 vaccine does not lower your chances of getting the virus.

**Fact:** The COVID-19 vaccines are a vital tool to help stop the pandemic. They protect people who are vaccinated from getting sick or severely ill with COVID-19. It takes a few weeks to build immunity after full vaccination. Fully vaccinated people still need to wear a mask and physically distance.

**Myth:** The COVID-19 vaccines can change my DNA.

**Fact:** COVID-19 vaccines will not change or effect your DNA. The FDA approved mRNA COVID-19 vaccines work with your body to develop an immune response so that you can safely build protection from COVID-19.

To learn more facts about COVID-19 vaccine visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus). Visit us at [www.caloptima.org](http://www.caloptima.org).