Understanding the facts about the COVID-19 vaccine

MYTH: The COVID-19 vaccine is not safe because it was rapidly developed.
FACT: This is not true. In public health emergencies, like the global COVID-19 pandemic, the development process may be sped up and still meet the FDA’s rigorous and science-based standards for quality, safety and effectiveness. COVID-19 vaccine development began in January 2020, shortly after the virus’s genome sequence was identified and shared globally among US and international governments, scientists from universities, nonprofit organizations and pharmaceutical companies.

MYTH: The COVID-19 vaccine is not safe because it was not tested widely enough.
FACT: This is not true. Each of the vaccines granted Emergency Use Authorization (EUA) have been studied in more than 40,000 people to date. In order to receive EUA, pharmaceutical companies are required to follow at least half of the study participants for at least two months, and the vaccine must be proven safe and effective in that population. An FDA Advisory Committee on Immunization evaluated the safety data from the clinical trials and strongly supported EUA for these vaccines.

MYTH: COVID-19 vaccines can give you COVID-19.
FACT: This is not true. The vaccines were not made with the COVID-19 virus or any virus. Therefore, it cannot transmit the virus to you. The vaccines are designed to teach our immune system to fight off the virus that causes COVID-19.

MYTH: You don’t need the vaccine if you already had COVID-19.
FACT: This is not true. It’s possible to get the virus again. Little is known about how long virus immunity lasts following a COVID-19 infection.

The Advisory Committee on Immunization Practices (ACIP) recommends anyone previously infected gets vaccinated 90 days after the date of their last positive test. Because of the severe health risks caused by COVID-19, including hospitalization or death, you should consider getting a COVID-19 vaccine even if you’ve been previously sick with the disease.

MYTH: Severe side effects of the COVID-19 vaccines are common.
FACT: This is not true. Data shows some people might experience some minor symptoms like fever, headache and muscle aches after vaccination. This just means your immune system is working. Let your healthcare provider who is administering the vaccine know if you have a history of severe allergic reactions or hypersensitivity reactions to any drug or vaccine.

MYTH: I won’t need to wear a mask after I get the COVID-19 vaccine.
FACT: This is not true. It’s still very important to continue to wear a mask, wash your hands and physically distance yourself from others. Widespread adoption of the vaccine is the first step to effectively getting rid of COVID-19.

MYTH: Receiving the COVID-19 vaccine will alter your DNA.
FACT: This is not true. The COVID-19 vaccine delivers instructions to cells to make a protein and never enters the nucleus of the cell, which is where our DNA is located. The vaccine causes a natural response in the body to develop immunity to the disease.

MYTH: The COVID-19 vaccine is more dangerous than the virus itself.
FACT: This is not true. COVID-19 is 10 times more deadly than the seasonal flu and the risk varies depending on age, sex and health. Widespread adoption of the vaccine is the first step to effectively getting rid of COVID-19.