

# Mythbusters - The truth about the Covid-19 Vaccine

## MYTH

The vaccines aren't safe because they were developed too quickly

All vaccines approved for use in the UK are safe and have been through the required stages and checks.

They were able to be developed, tested and approved so quickly because:

- it was so important to find a vaccine a lot of money and resources were put into the search
- so many scientists worked on this together
- the virus was identified very quickly and as it is a corona virus (which have been studied for decades) there was previous research that could be used
- financial support and resources meant that some tests and checks could be run at the same time (BUT they still had to successfully pass for the vaccine to be approved).
- technology has moved on since the 1980s

## MYTH

The vaccines can lead to long-term effects

The evidence available from worldwide research shows no suggestion of long-term health consequences from the vaccine.

If you have allergies - *especially severe ones that require you to carry an EpiPen* - discuss the COVID-19 vaccine with your doctor.

## MYTH

The vaccine contains pork/beef or other animal products

The vaccines approved for use in the UK do not contain any ingredients from an animal.

## MYTH

You can get Covid-19 from the vaccines

The vaccine cannot give you Covid-19 infection, two doses will reduce your chance of becoming seriously ill.

You might get side effects like a headache or slight temperature, but this is because your body is creating an immune response and is working.

## MYTH

I've already had COVID-19, so I don't need to get vaccinated

You still need to be vaccinated; we don't know if having COVID-19 stops you from getting the virus again.

The early evidence shows that the vaccine can give you more protection than having had the virus.

## MYTH

People with suppressed immune systems shouldn't get vaccinated

People with suppressed immune systems (such as from cancer treatments or autoimmune diseases) should definitely get vaccinated. The vaccine will not hurt you since it doesn't contain a live virus.

Those with suppressed immune systems will still get protection from COVID-19, just not as much protection as those with healthy immune systems.

Talk with your doctor if you have specific concerns.

## MYTH

People with underlying conditions shouldn't get vaccinated

People who have underlying conditions - *like diabetes and heart disease, for example* - are at a high risk for getting complications from COVID-19, so it's even more reason why they should get vaccinated.

Talk with your doctor who is helping you manage the condition if you have concerns.

## MYTH

The COVID-19 vaccines will alter your DNA

Some vaccines use something called Messenger RNA to protect us from COVID-19, this shows the cells how to build the protein needed to protect us from COVID-19, it cannot alter your DNA.

The mRNA does not hang around in the body, once it has provided the instructions to the cells, the body then breaks it down.

## MYTH

If I'm pregnant or breastfeeding, I shouldn't get vaccinated

If you're pregnant and in a group that should be urgently vaccinated, like a healthcare worker, you should get vaccinated.

If you're concerned about the risks versus the benefits, talk to your doctor. But we know pregnant women who contract viruses can have complications or pass diseases to their babies, and the same goes for breastfeeding.

Since the vaccine is not a live virus, you can't pass anything to the baby but if you are concerned then speak with your doctor first.

## MYTH

Once I get vaccinated, I don't have to wear masks or practice social distancing

People who get the COVID-19 vaccination still need to practice infection prevention precautions. Keep your mask on, wash your hands and continue to socially distance.

It's not clear yet if people vaccinated for COVID-19 can still carry and pass on the virus, even if they don't get sick. Remember other people may not have had the vaccine.

## MYTH

If you get vaccinated, it could make you infertile

There is absolutely no data from the clinical trials, from the 23.5 million worldwide vaccinations or any theoretical reason as to why the vaccines could cause infertility.

## MYTH

The vaccine contains a microchip or tracker

The COVID-19 vaccine does not contain a microchip or tracker. The vaccine is to protect you and prevent spread of the disease.