

COVID-19 VACCINES

MYTHS & FACTS

MYTH: The COVID-19 vaccine can affect women's fertility.

FACT: The COVID-19 vaccine will not affect fertility. The truth is that the COVID-19 vaccine encourages the body to create copies of the spike protein found on the coronavirus's surface. This "teaches" the body's immune system to fight the virus that has that specific spike protein on it. Getting COVID-19, on the other hand, can have potentially serious impact on pregnancy and the mother's health.

MYTH: If I've already had COVID-19, I don't need a vaccine.

FACT: The CDC says you should be vaccinated regardless of whether you already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible—although rare—that you could be infected with the virus that causes COVID-19 again. Studies have shown that vaccination provides a strong boost in protection in people who have recovered from COVID-19.

MYTH: Researchers rushed the development of the COVID-19 vaccine, so its effectiveness and safety cannot be trusted.

FACT: Studies found that the two initial vaccines are both about 95% effective — and reported no serious or life-threatening side effects. There are many reasons why the COVID-19 vaccines could be developed so quickly. The COVID-19 vaccines from Pfizer/BioNTech and Moderna were created with a method that has been in development for years, so the companies could start the vaccine development process early in the pandemic.

The vaccine developers didn't skip any testing steps, but conducted some of the steps on an overlapping schedule to gather data faster. Vaccine projects had plenty of resources, as governments invested in research and/or paid for vaccines in advance.

Because COVID-19 is so contagious and widespread, it did not take long to see if the vaccine worked for the study volunteers who were vaccinated. Companies began making vaccines early in the process — even before FDA authorization — so some supplies were ready when authorization occurred.

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Have questions or concerns about the COVID-19 vaccine?

Please consult with your provider or call our COVID-19 hotline at 229-353-2819.

MYTH: Getting the COVID-19 vaccine gives you COVID-19.

FACT: The vaccine for COVID-19 cannot and will not give you COVID-19. The two authorized mRNA vaccines instruct your cells to reproduce a protein that is part of the SARS-CoV-2 coronavirus, which helps your body recognize and fight the virus, if it comes along. The COVID-19 vaccine does not contain the SARS-CoV-2 virus, so you cannot get COVID-19 from the vaccine. The protein that helps your immune system recognize and fight the virus does not cause infection of any sort.

MYTH: The side effects of the COVID-19 vaccine are dangerous.

FACT: In April 2021, the CDC temporarily paused and then resumed use of the Johnson & Johnson vaccine. The Pfizer and Moderna COVID-19 vaccines can have side effects, but the vast majority are very short term —not serious or dangerous. The vaccine developers report that some people experience pain where they were injected; body aches; headaches or fever, lasting for a day or two. These are signs that the vaccine is working to stimulate your immune system. If symptoms persist beyond two days, you should call your doctor.

If you have allergies — especially severe ones that require you to carry an EpiPen — discuss the COVID-19 vaccine with your provider, who can assess your risk and provide more information about if and how you can get vaccinated safely.

Southwell is offering free COVID-19 vaccinations. Please visit www.MySouthwell.com/vaccine/ for more information and how to schedule your appointment.

Southwell Employees: Please email your first-dose appointment request to employeehealth@tifftregional.com

Please Get Vaccinated. We Are in this Together.

MYTH: The COVID-19 vaccine enters your cells and changes your DNA.

FACT: The COVID-19 vaccines are designed to help your body's immune system fight the coronavirus. The messenger RNA from two of the first types of COVID-19 vaccines does enter cells, but not the nucleus of the cells where DNA resides. The mRNA does its job to cause the cell to make protein to stimulate the immune system, and then it quickly breaks down — without affecting your DNA.

MYTH: The messenger RNA technology used to make the COVID-19 vaccine is brand new.

FACT: The mRNA technology behind the new coronavirus vaccines has been in development for almost two decades. Vaccine makers created the technology to help them respond quickly to a new pandemic illness, such as COVID-19.

MYTH: The COVID-19 vaccine was developed with or contains controversial substances or tracking devices.

FACT: The first two COVID-19 vaccines to be authorized by the FDA contain mRNA and other, normal vaccine ingredients, such as fats (which protect the mRNA), salts, as well as a small amount of sugar. These COVID-19 vaccines do not contain graphene oxide or any materials such as implants, microchips, or tracking devices.

MYTH: Receiving a COVID-19 vaccine can cause you to be magnetic.

FACT: Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is 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.

Sources: CDC, Johns Hopkins Medicine