

COVID-19 Vaccine: Myths and Facts

MYTH

mRNA vaccines change your DNA.

#1

FACT

mRNA vaccines do not change or interact with your DNA. mRNA in the vaccine gives your cells temporary instructions to make a protein that helps your immune system learn to fight the virus. The mRNA does not enter the nucleus of the cell, where DNA is stored, and it breaks down soon after vaccination.

MYTH

COVID-19 vaccines were developed too quickly to be safe.

#2

FACT

Safety testing was not skipped for COVID-19 vaccines. COVID-19 vaccines were developed quickly because researchers built on years of mRNA vaccine research, received significant funding, and conducted development steps (clinical trials, regulatory reviews, and manufacturing processes) at the same time rather than one after another. Large clinical trials involving tens of thousands of people were done before authorization.

MYTH

COVID-19 vaccines affect fertility.

#3

FACT

Studies have not found evidence that COVID-19 vaccines affect fertility. Studies have examined sperm quality, pregnancy rates, and fertility outcomes and found no evidence that COVID-19 vaccination makes it harder to become pregnant.

MYTH

Getting a COVID-19 vaccine during pregnancy isn't safe.

#4

FACT

COVID-19 vaccination during pregnancy has been shown to be safe and can help protect pregnant patients from severe COVID-19 illness. Large studies involving thousands of pregnant patients have not found increased risks of pregnancy complications, miscarriage, or poor birth outcomes linked to mRNA COVID-19 vaccines.

MYTH

I've already had COVID-19, so I don't need the vaccine.

#5

FACT

Infection can provide some protection from COVID-19, but studies show that people who are vaccinated after infection often have stronger and broader protection against reinfection than people who rely on infection alone. Vaccination also helps reduce the risk of severe illness from future infections.



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MYTH

COVID-19 vaccines can give me COVID-19.

#6

FACT

COVID-19 vaccines used in the United States do not contain the live virus that causes COVID-19. Some people may experience temporary side effects such as fever, fatigue, or soreness after vaccination, but these are signs that the immune system is responding—not signs of COVID-19 infection.

MYTH

The COVID vaccine is dangerous for your heart.

#7

FACT

Myocarditis can occur after both COVID-19 infection and COVID-19 vaccination. Studies have found that the risk is higher after COVID-19 infection. One review found that people were at least seven times more likely to develop myocarditis after COVID-19 infection than after COVID-19 vaccination.

MYTH

Vaccinated people "shed" vaccine ingredients and affect other people.

#8

FACT

COVID-19 vaccines do not contain live virus. Because of this, vaccinated people cannot "shed" vaccine ingredients and spread them to others. Scientists have found no evidence that COVID-19 vaccines cause viral shedding.

MYTH

COVID-19 vaccines contain microchips.

#9

FACT

COVID-19 vaccines do not contain microchips, tracking devices, or electronic equipment. Vaccine ingredients are publicly available and are reviewed by regulatory agencies before authorization and approval.

MYTH

All events reported to the Vaccine Adverse Event Reporting System (VAERS) were caused by vaccination.

#10

FACT

Anyone can report events to VAERS, even if it is not clear whether a vaccine caused the problem. Because of this, VAERS data alone cannot determine if the reported adverse event was caused by a COVID-19 vaccination.



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