

COVID-19 Vaccine Myth Buster

MYTH: The vaccines were developed and approved too fast and are therefore unsafe.

FACT: The vaccines were produced faster than ever before because extraordinary levels of global collaboration and funding were invested in this effort.

MYTH: mRNA vaccines change your DNA.

FACT: mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. mRNA vaccines do not affect or interact with our DNA and do not change our genes in any way.

MYTH: “I am not at risk / COVID-19 isn’t that bad”

FACT: COVID-19 is very contagious and can cause illness much more serious than the flu. Tens of thousands of Canadians have died of COVID-19.

MYTH: mRNA technology is completely new and unsafe.

FACT: Researchers have been studying the use of mRNA for vaccines and treatment of diseases for decades. – that’s one of the reasons why these vaccines could be developed so quickly.

MYTH: I cannot get the COVID-19 vaccine because I have allergies.

FACT: The vaccine is not recommended only for people with a pre-existing allergy to a component of the COVID-19 vaccine, or who have a history of anaphylaxis after previous administration of the vaccine.

MYTH: I can get COVID-19 from the vaccine.

FACT: The mRNA vaccines do not contain any live virus or infectious element, and therefore there is no possibility of causing an actual infection.

You may have COVID-19 without showing any symptoms and you may still pass on the virus to someone who will develop severe illness. If you are vaccinated, you’re helping protect the people around you.

References:

- 1) Center for Disease Control and Prevention (CDC). *Understanding mRNA COVID 19 Vaccines*. Updated December 18, 2020
- 2) CDC website: [cdc.gov/coronavirus/](https://www.cdc.gov/coronavirus/)
- 3) <https://tools.cdc.gov/health/tool/covid-19-vaccines/>

