



Myth vs Fact About the COVID-19 Vaccine

MYTH

The COVID-19 vaccine will alter your DNA.

The COVID-19 vaccine does not change or interact with DNA in any way. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. The vaccine material never enters the nucleus of the cell where DNA is kept.

MYTH

The COVID-19 vaccine can make you sick with COVID.

None of the vaccinations authorized for use in the United States contain the live virus that causes COVID-19. This means the vaccine cannot make you sick with COVID-19. The vaccine teaches our immune system how to recognize and fight the virus that causes COVID-19. This can produce symptoms such as a fever. These symptoms are normal and indicate the body is building protection against the virus that causes COVID-19.

FACT

If you already had COVID-19, you still need to get the vaccine.

Even with the vaccine, you can still be infected with other variants such as Alpha and Delta. If you do get infected again after the vaccine, your chance of severe illness or hospitalization is greatly reduced. Studies show vaccination provides a strong boost in protection in people who have recovered from COVID-19.

FACT

It is safe to get a COVID-19 vaccine if you want to have a baby one day.

There is no evidence that female or male fertility problems are a side effect of any vaccine, including the COVID-19 vaccine.

There is currently no evidence that COVID-19 vaccinations cause problems with pregnancy, including the development of the placenta, or women's menstrual cycles.

Contact your doctor or health department for questions, concerns or if you need more information about the COVID-19 vaccine.

Why is it important to get vaccinated?

COVID-19 vaccines are the most important tool to help stop the COVID-19 pandemic.

Studies show that even with more transmissible variants, the risk of spreading infection to others is significantly decreased.

COVID-19 vaccines are safe and highly effective at preventing COVID-19 disease, especially severe illness and death.

Some people who are fully vaccinated will still get infected or sick because no vaccine is 100% effective. However, real world data shows these vaccines are effective at preventing severe disease, with almost no deaths among vaccinated persons even if they become infected.

After you are fully vaccinated, you can more safely resume activities that you did before the pandemic.

Mask wearing and socially distancing are still recommended if you are around unvaccinated or medically fragile persons (such as persons being treated for cancer or with transplants).

Vaccines Available

There are three COVID-19 vaccinations available in the US:

Pfizer

Requires two shots and is available for those age 12 and older.

Moderna

Requires two shots and is available for those age 18 and older.

Johnson and Johnson

Only one shot is needed and is available for those age 18 and older.

Note: It takes time for the body to build protection after a vaccination. Full vaccination occurs **two weeks** after the second dose for Moderna and Pfizer and after the one dose for Johnson and Johnson.

Need help finding a vaccine in the U.S.?

Call 1-800-232-0233 or visit www.vaccines.gov



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