

# Busting myths about the COVID-19 vaccine

**Myth:** The COVID-19 vaccines were developed so quickly that they can't be safe.

✓ **Fact:** Both the Pfizer-BioNTech and Moderna COVID-19 vaccines went through Health Canada's mandatory rigorous review process. The COVID-19 vaccines were made top priority and moved to the "front of the line," which significantly shortened this stage of the process. The vaccine development process was also reduced because of the unprecedented amount of global scientific resources mobilized to end the pandemic.

**Myth:** I can get COVID-19 from the vaccine.

✓ **Fact:** The vaccine doesn't contain live virus so you cannot get COVID-19 as a result of receiving the vaccination.

**Myth:** If I've had COVID-19, I have immunity to the virus and don't need the vaccine.

✓ **Fact:** We don't know the level of immunity that people who've recovered from COVID-19 have and how long it lasts. Getting vaccinated is encouraged to maximize protection.

**Myth:** Serious side effects are common.

✓ **Fact:** To date, no serious adverse effects have been identified with the vaccines approved for use in Canada (Source: <https://covid-19.ontario.ca/covid-19-vaccine-safety>). Side effects observed during clinical trials were mild or moderate and included pain at the site of injection, fatigue, headache and feeling feverish. Less often, people have experienced enlarged lymph nodes (1 in 100). Allergic reactions can happen, especially if someone has a history of a severe allergy.

**Myth:** My DNA can be altered by the mRNA technology used in the vaccine.

✓ **Fact:** mRNA technology cannot alter your DNA. RNA can be made from DNA, but not the other way around. mRNA vaccines contain the genetic "recipe" to make a protein that will trigger an immune response to help protect you from COVID-19.

**Myth:** We can't know what's in the vaccine.

✓ **Fact:** We know what's in both Health Canada-approved vaccines (Pfizer and Moderna). To read the full list of ingredients and learn about what they do, visit: <https://covid-19.ontario.ca/covid-19-vaccine-safety>.

**Myth:** Getting the vaccine will mean that I don't have to worry about wearing a mask or distancing.

✓ **Fact:** We haven't reached herd immunity, so the risk of contracting COVID-19 still exists. We need to continue observing public health's masking, sanitizing and distancing guidelines until advised that it is safe to do otherwise.

