

# COVID-19 VACCINE INFORMATION



## Sources:

CDC, Mayo Clinic, WHO, American Academy of Family Physicians  
Updated March 8, 2021

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

**FACT:** The COVID-19 vaccine CANNOT and WILL NOT give you COVID-19. The COVID-19 vaccines do not contain live viruses so you cannot get the disease from the vaccines. Instead, they only instruct your body to make a harmless part of the virus, called the “spike protein.”

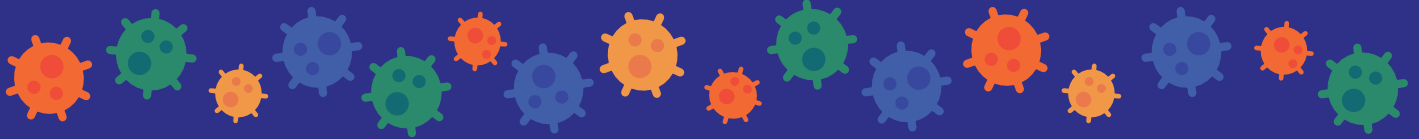
**MYTH:** The adenovirus used in the Johnson & Johnson vaccine can give you COVID-19

**FACT:** You CANNOT get COVID-19 from the adenovirus in the Johnson & Johnson vaccines. The adenovirus used in the COVID-19 vaccines is not the same virus that causes COVID-19 so you cannot get COVID-19 from these vaccines. Also, the adenovirus used in the vaccines is altered so that they are non-replicating meaning that they cannot reproduce or multiply in your body.

**MYTH:** The mRNA and DNA in the COVID-19 vaccines can alter your DNA.

**FACT:** The mRNA in the Moderna or Pfizer vaccines cannot get into your nucleus, where your DNA resides, so it cannot interact with your DNA or alter your DNA. The mRNA is also degraded quickly in your cells after its instructions are used so it is not continuing to float around in your cells.

The DNA in the Johnson & Johnson vaccine only contain instructions for making the spike protein and cannot alter human DNA.



**MYTH:** The COVID-19 vaccine was developed too quickly for it to be safe.

**FACT:** The COVID-19 vaccines were developed quickly but **without compromise to safety or scientific integrity**. The COVID-19 vaccine was able to be developed quickly without cutting any corners for 3 main reasons:

1. The mRNA technology used in the Moderna and Pfizer vaccines, and the adenoviral vector technology used in the Johnson & Johnson vaccines **have been in development for many years**. Researchers have been paying attention to other coronaviruses such as SARS for many years now, so the technology used in COVID-19 vaccines was not only recently developed.

- Due to the global outbreak of COVID-19, **researchers were able to**
2. **find many participants for their trials easily and quickly**. Trying to recruit willing participants for clinical trials can normally take a very long time, especially for rare diseases. However, given how widespread COVID-19 was, researchers did not face this challenge.

- The government funneled an **enormous amount of money into funding COVID-19 vaccine** development. This significantly reduced
3. the financial concerns that researchers usually face during vaccine development, and allowed them to run massive trials very quickly.

**MYTH:** I can stop wearing a mask and social distancing completely after I get vaccinated.

**FACT:** **The CDC recommends that you continue to wear a mask and avoid crowds while outside after you get the vaccine**. New CDC guidelines, however, say that 2 weeks after you get vaccinated, you can visit other vaccinated people indoors without a mask.

**MYTH:** The COVID-19 vaccine has a secret tracking device that the government is using to track and control its citizens.

**FACT:** **No. The COVID-19 vaccines do not contain any tracking devices**. Your phone is more likely to be tracking you than any of the COVID-19 vaccines.