

YOUR HEALTH OUR STRENGTH

COVID-19 VACCINES | MYTH BUSTING

MYTH

The vaccines will alter my DNA.

FACT

The vaccines do not enter the nucleus of the cell, where your DNA is kept. It is impossible for the vaccine to change your DNA.

MYTH

The vaccines contain fetal tissue.

FACT

The vaccines were not developed using fetal tissue.

MYTH

Vaccines cause autism.

FACT

There is no scientific evidence that vaccines cause autism.

MYTH

The vaccines cause blood clots.

FACT

The AstraZeneca vaccine has a 1 in 250,000 chance of causing a blood clot - or, 0.000004 per cent.

MYTH

The vaccines can give you the virus.

FACT

The vaccines do not contain COVID-19. The vaccines produce a protein that helps your immune system recognize COVID-19 and fight it.

MYTH

The vaccines were rushed.

FACT

Companies were given more support and resources than ever before to develop these vaccines as quickly as possible. There were no safety shortcuts.

MYTH

The vaccines cause severe side effects.

FACT

For most people, the vaccines will cause mild side effects such as a sore arm, fatigue, headache and fever. Side effects are a sign that your immune system is doing what it is supposed to.

MYTH

If I've already had COVID-19, I don't need a vaccine.

FACT

There is no proof that a long-lasting natural immunity against COVID-19 exists. It is possible to be re-infected with COVID-19. Experts recommend vaccination for everyone aged 12+.

- Wash your hands • Wear a mask • Practice physical distancing
- Avoid gatherings • If you are sick, stay home

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