

# COVID-19 VACCINE MYTH VS FACT

With the vaccines now available, you probably have questions. We're here to help separate the myths from the facts so you can make the best decision.

## MYTH

You can get COVID-19 from the vaccines.



## FACT

You can't get COVID-19 from the vaccines. But you may feel some side effects for a day or two, like arm pain/swelling where you got the shot, a low-grade fever, chills, tiredness, headache or muscle aches. These are normal signs the vaccines are working.

## MYTH

The vaccines can't be safe if they were developed so quickly.



## FACT

Thanks to a global effort with existing infectious disease research, more financial support and focused scientific efforts, a vaccine was developed quickly, with safety a top priority. All races, cultures and ethnicities, and those with chronic health conditions were included in the clinical trials. Vaccines have been proven safe and effective.

## MYTH

If you already had COVID-19, you don't need to be vaccinated.



## FACT

Even if you've had COVID-19, experts still recommend getting vaccinated so you're protected long-term. It's still unclear how long natural immunity lasts if you've been sick and recovered. The vaccines will increase your ability to protect yourself and loved ones.

## MYTH

The COVID-19 vaccines will alter your DNA.



## FACT

This is simply not true. The COVID-19 vaccines use a substance called mRNA. It helps your body make large amounts of antibodies that help protect you from the virus. Once the mRNA does its job, your cells break it down and get rid of it.

## MYTH

It's not safe for people with allergies to get vaccinated.



## FACT

While there have been a few reports of severe allergic reactions to the COVID-19 vaccines, these instances are extremely rare, and easily treated. If you've had a severe allergic reaction in the past, talk to your doctor for reassurance that the vaccine is safe for you.

Learn more at [floridablue.com/vaccine](https://floridablue.com/vaccine). Our Florida Blue Center Neighborhood Nurses can also assist anyone in the community with questions at 1-877-352-5830.