



# COVID-19 VACCINE FACTS & MYTHS



Vaccines are powerful tools for protecting our health and ending the COVID-19 pandemic. Thousands of Kitsap residents have already been vaccinated. Here are key facts to know about COVID-19 vaccines and untrue myths to ignore. Thank you for spreading reliable information!



## COVID-19 VACCINE FACTS

### **FACT: COVID-19 vaccines were thoroughly tested for safety**

COVID-19 vaccines were extensively tested in clinical trials and reviewed by medical experts before being approved for use. Millions of Americans have already been vaccinated.

### **FACT: a vaccine will help protect you from getting COVID-19**

Studies show all the available COVID-19 vaccines are effective across age, gender, racial and ethnic groups for preventing COVID-19. The vaccines are extremely effective at preventing severe illness.

### **FACT: COVID-19 vaccine side effects are mild for most people**

Most people experience mild side effects, such as aching in their arm, headache, chills, or fever. Severe reactions are rare. Discuss any health concerns with your doctor.

### **FACT: vaccination is available at no cost to you**

You should not be charged for your COVID-19 vaccination. The government is covering the cost of vaccine supplies and administration. Be alert for vaccine scams!



## COVID-19 VACCINE MYTHS

### **MYTH: COVID-19 vaccines can give you COVID-19**

*Fact:* The vaccines do not contain the virus that causes COVID-19. Vaccines cannot give you COVID-19.

### **MYTH: COVID-19 vaccines can change your DNA**

*Fact:* COVID-19 vaccines cannot change your DNA or genes. The vaccines work by teaching our immune systems how to fight off COVID-19 infection.

### **MYTH: I should not get vaccinated if I am pregnant or plan to have a baby**

*Fact:* There is no evidence that COVID-19 vaccination causes any problems with pregnancy or fertility. Consult your doctor for additional information.

### **MYTH: vaccines contain microchips or tracking devices**

*Fact:* The vaccines do not contain any microchips or tracking devices. Learn about ingredients at [cdc.gov](https://www.cdc.gov).

### **MYTH: the single-dose (Johnson & Johnson) vaccine isn't effective**

*Fact:* Studies show the Johnson & Johnson vaccine is 85% effective at preventing severe illness and 67% effective at preventing all COVID-19 infections.



**LEARN MORE ABOUT COVID-19 VACCINES**

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) | [covidvaccinewa.org](https://www.covidvaccinewa.org) | [kcowa.us/vaccine](https://www.kcowa.us/vaccine) | 1-800-525-0127