



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