



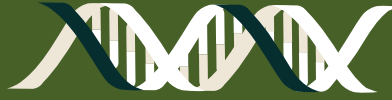
COVID-19 VACCINE MYTHS & FACTS

RECOVER

Myth: THE COVID-19 VACCINES ARE UNSAFE BECAUSE THEY WERE DEVELOPED SO QUICKLY.

FACT: Although COVID-19 vaccines were developed in record time, that does not mean they are not safe. They have gone through the same rigorous FDA process as other vaccines, meeting all safety standards.

1. NATURE.COM/ARTICLES/D41586-020-03626-1
2. YOUTU.BE/-92HQA0GCI8



Myth: COVID-19 VACCINES WILL ALTER MY DNA.

FACT: The vaccines teach our natural defenses how to recognize and fight the virus that causes COVID-19. Vaccine instructions do not enter the nucleus where our DNA (genetic material) is kept and degrade quickly after the body learns to develop the protective immunity.

CDC.GOV/CORONAVIRUS/2019-
NCOV/VACCINES/DIFFERENT-
VACCINES/MRNA.HTML

Myth: THE COVID-19 VACCINE CAUSES INFERTILITY IN WOMEN.

FACT: There is no scientific evidence that the vaccines affect fertility in women or men. Thousands of vaccinated women have become pregnant and go on to have healthy babies.

METAFACT.IO/FACTCHECKS/1731-DO-THE-
COVID-19-VACCINES-CAUSE-INFERTILITY



Myth: YOU CAN GET COVID-19 FROM THE VACCINES.



FACT: COVID-19 vaccines cannot cause COVID-19 infections or give you a positive PCR test result because it does not contain live virus.

YOUTU.BE/4KEWTRPKTYM

Myth: I'VE ALREADY BEEN DIAGNOSED WITH COVID-19, SO I DON'T NEED TO GET VACCINATED.

FACT: Even if you've had a previous COVID-19 infection, you will still benefit from being vaccinated. The immunity gained from having Covid-19, called natural immunity, is estimated to last only 2-4 months so natural immunity may not fight future infections or be strong enough to combat variants.

THECONVERSATION.COM/6-IMPORTANT-TRUTHS-
ABOUT-COVID-19-VACCINES-154341

Myth: GETTING VACCINATED MEANS YOU ARE COMPLETELY INNOCENT AND CAN'T GET COVID-19.

FACT: No vaccine is 100% effective. The COVID-19 vaccines greatly reduce your risk of becoming infected, being severely ill, being hospitalized, or dying. Currently, routine testing, masking, and handwashing remain necessary even for the vaccinated.

MAYOCLINICHEALTHSYSTEM.ORG/HOMETOWN-
HEALTH/FEATURED-TOPIC/COVID-19-VACCINE-
MYTHS-DEBUNKED



Myth: I CAN'T GET VACCINATED WHILE PREGNANT OR BREASTFEEDING.

FACT: If you are pregnant or breastfeeding, the CDC states you can be vaccinated. Being unvaccinated while pregnant increases the risk for severe or critical illness from COVID-19 and premature births.

CDC.GOV/CORONAVIRUS/2019-
NCOV/COMMUNICATION/TOOLKITS/PREGNANT-
PEOPLE-AND-NEW-PARENTS.HTML



Myth: COVID-19 VACCINE INGREDIENTS PASS THROUGH BREAST MILK TO BABIES.

FACT: There's no danger the virus itself or vaccine ingredients can be transmitted through breast milk from mother to baby. Breast milk contains protective immune building antibodies that give babies immune protection while building their own immune system.

NATURE.COM/ARTICLES/D41586-021-01680-X

Myth: I HAVE A PRE-EXISTING CONDITION AND CAN'T GET VACCINATED.

FACT: People with certain pre-existing conditions, including but not limited to: diabetes, obesity, and diseases of the kidney, liver, lung, and heart are more likely to get critically ill from COVID-19 so they're strongly encouraged to get vaccinated.



CDC.GOV/CORONAVIRUS/2019-NCOV/NEED-
EXTRA-PRECAUTIONS/PEOPLE-WITH-
MEDICAL-CONDITIONS.HTML

Myth: THERE ARE NO RELIABLE WEBSITES TO FACT CHECK INFORMATION.



FACT: Visit these websites to fact check information:

FACTCHECK.ORG • SNOPES.COM • STRONGER.ORG • VACCINEINFORMATION.ORG/VACCINE-BASICS
POLITIFACT.COM • FULLFACT.ORG • NFID.ORG/IMMUNIZATION • FIRSDRAFTNEWS.ORG/TRACKING

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CORE



Mito: LAS VACUNAS COVID-19 NO SON SEGURAS PORQUE SE DESARROLLARON RÁPIDAMENTE.

REALIDAD: Aunque las vacunas COVID-19 se desarrollaron en un tiempo récord, eso no significa que no sean seguras. Han pasado por el mismo proceso riguroso de la FDA que otras vacunas, cumpliendo con todos los estándares de seguridad.

1. NATURE.COM/ARTICLES/D41586-020-03626-1
2. YOUTU.BE/-92HQA0GCI8



Mito: LAS VACUNAS COVID-19 ALTERARÁN MI ADN.

REALIDAD: Las vacunas enseñan a nuestras defensas naturales cómo reconocer y combatir el virus que causa COVID-19. Las instrucciones de la vacuna no ingresan al núcleo donde se guarda nuestro ADN (material genético) y se degradan rápidamente después de que el cuerpo aprende a desarrollar la inmunidad protectora.

CDC.GOV/CORONAVIRUS/2019-
NCOV/VACCINES/DIFFERENT-
VACCINES/MRNA.HTML

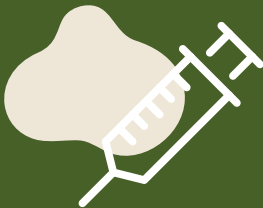
Mito: LA VACUNA COVID-19 PROVOCA INFERTILIDAD EN LAS MUJERES.

REALIDAD: No existe evidencia científica de que las vacunas afectan la fertilidad en mujeres u hombres. Miles de mujeres vacunadas han quedado embarazadas y han tenido bebés sanos.

METAFACT.IO/FACTCHECKS/1731-DO-THE-
COVID-19-VACCINES-CAUSE-INFERTILITY



Mito: PUEDE CONTRAER COVID-19 DE LAS VACUNAS.



REALIDAD: Las vacunas COVID-19 no pueden causar infecciones por COVID-19 ni dar un resultado positivo en la prueba de PCR porque no contienen el virus.

YOUTU.BE/4KEWTRPKTYM

Mito: YA HE SIDO DIAGNOSTICADO CON COVID-19, POR LO QUE NO NECESITO VACUNARME.

REALIDAD: Incluso si ha tenido una infección previa por COVID-19, aún se beneficiará de la vacuna. Se estima que la inmunidad obtenida al tener Covid-19, llamada inmunidad natural, dura solo de 2 a 4 meses, por lo que la inmunidad natural puede no combatir infecciones futuras o ser lo suficientemente fuerte como para combatir variantes.

THECONVERSATION.COM/6-IMPORTANT-TRUTHS-
ABOUT-COVID-19-VACCINES-154341

Mito: VACUNARSE SIGNIFICA QUE ESTÁ COMPLETAMENTE INMUNE Y NO PUEDE RECIBIR COVID-19.

REALIDAD: Ninguna vacuna es 100% efectiva. Las vacunas COVID-19 reducen en gran medida el riesgo de infectarse, enfermarse gravemente, ser hospitalizado o morir. Actualmente, las pruebas de rutina, el usar máscara o cobertura facial y el lavado de manos siguen siendo necesarios incluso para los vacunados.

MAYOCLINICHEALTHSYSTEM.ORG/HOMETOWN-
HEALTH/FEATURED-TOPIC/COVID-19-VACCINE-
MYTHS-DEBUNKED



Mito: NO PUEDO VACUNARME MIENTRAS ESTÉ EMBARAZADA O LACTANDO MATERNIDAD.

REALIDAD: Si está embarazada o amamantando, los CDC afirman que puede vacunarse. No estar vacunada durante el embarazo aumenta el riesgo de enfermedades graves o críticas por COVID-19 y partos prematuros.

CDC.GOV/CORONAVIRUS/2019-
NCOV/COMMUNICATION/TOOLKITS/PREGNANT-
PEOPLE-AND-NEW-PARENTS.HTML



Mito: LOS INGREDIENTES DE LA VACUNA COVID-19 SE PASAN A TRAVÉS DE LA LECHE MATERNA A LOS BEBÉS.

REALIDAD: No hay peligro de que el virus en sí o los ingredientes de la vacuna puedan transmitirse de la madre al bebé a través de la leche materna. La leche materna contiene anticuerpos protectores de desarrollo inmunológico que brindan protección inmunológica a los bebés mientras desarrollan su propio sistema inmunológico.

NATURE.COM/ARTICLES/D41586-021-01680-X

Mito: TENGO UNA CONDICIÓN PREEXISTENTE Y NO PUEDO VACUNARME.

REALIDAD: Las personas con ciertas afecciones preexistentes, que incluyen, entre otras: diabetes, obesidad y enfermedades de los riñones, el hígado, los pulmones y el corazón, tienen más probabilidades de enfermarse gravemente por COVID-19, por lo que se les recomienda encarecidamente que vacunarse.

CDC.GOV/CORONAVIRUS/2019-NCOV/NEED-
EXTRA-PRECAUTIONS/PEOPLE-WITH-
MEDICAL-CONDITIONS.HTML

Mito: NO HAY SITIOS WEB CONFIABLES PARA VERIFICAR INFORMACIÓN.

REALIDAD: Visite estos sitios web para verificar la información:

FACTCHECK.ORG • SNOPE.SCOM • STRONGER.ORG • VACCINEINFORMATION.ORG/VACCINE-BASICS
POLITIFACT.COM • FULLFACT.ORG • NFID.ORG/IMMUNIZATION • FIRSTDRAFTNEWS.ORG/TRACKING