



Myth #1: Vaccines were rushed and shortcuts were taken

Fact: mRNA vaccines (Pfizer and Moderna) are not experimental.

- Researchers have been studying and working with mRNA vaccines for decades; mRNA vaccines have been studied before for flu, Zika, rabies and cytomegalovirus (CMV) (CDC)¹.
- mRNA vaccines are held to the same rigorous safety procedures as all FDA-approved vaccines — no shortcuts were taken (CDC)¹.
- COVID-19 vaccines are not experimental. They went through all the required stages of clinical trials. Extensive testing and monitoring have shown that these vaccines are safe and effective (CDC)⁸.
- Moderna and Pfizer vaccines were safely tested on more than 70,000 individuals before receiving emergency use authorization by the FDA (CDC)^{2&3}.
- After a vaccine is authorized for use, many vaccine safety monitoring systems (such as v-safe after-vaccination health checker) watch for adverse effects that may not have been seen in clinical trials. If an unexpected adverse event is seen, experts quickly study it further to assess whether it is a true safety concern (CareNow)¹¹.
- COVID-19 vaccines have received and continue to undergo the most intensive safety monitoring in U.S. history (CDC)⁹.



Myth #2: I'm not at risk for severe complications of COVID-19, so I don't need the vaccine

Fact: Vaccines protect everyone in different ways.

- Studies show that COVID-19 vaccines are not only effective at keeping you from getting COVID-19, but they can help to keep you from getting seriously ill even if you do get COVID-19 (CDC)⁸.
- Vaccination is a safer way to build immunity. Even people who did not have symptoms when they were infected with COVID-19 can have ongoing health problems caused by the virus (CDC)⁸.
- Getting vaccinated reduces the risk that you'll spread COVID-19 and contributes to population immunity, helping you to protect your family and your community, including those who may be more vulnerable or who can't be vaccinated (CDC)⁷.



Myth #3: Vaccines could induce sterility in women or men

Fact: mRNA vaccines are not a cause of infertility.

- There is currently no evidence that any vaccines, including COVID-19 vaccines, cause female or male fertility problems (CDC)⁴.
- Claims linking COVID-19 vaccines to infertility are unfounded and have no scientific evidence supporting them. The American College of Obstetricians and Gynecologists recommends vaccination for all eligible people who may consider future pregnancy. Additionally, it is not necessary to delay pregnancy after completing both doses of the COVID-19 vaccine (ACOG)⁹.
- Regarding concerns related to the safety of the spike protein raised by popular media, COVID-19 mRNA vaccines give instructions for our cells to make a harmless piece of the spike protein (CDC)¹.



Myth #4: Getting the vaccine while pregnant (or trying) could harm my unborn child

Facts: COVID-19 vaccines are safe and effective for pregnant women and those planning to get pregnant.

- There is no conclusive evidence that indicates vaccines are dangerous for pregnant women, women trying to get pregnant or their unborn child. Pregnant women are not usually included in initial trials for vaccines or medications, including the COVID-19 vaccines. Clinical trials that study the safety of COVID-19 vaccines and how well they work in pregnant people are underway or planned (CDC)⁴.
- Pregnant women are at an increased risk of severe illness that requires hospitalization, intensive care, or a ventilator or special equipment to breathe, or illness that results in death. Additionally, pregnant people with COVID-19 are at increased risk of preterm birth and might be at increased risk of other adverse pregnancy outcomes compared with pregnant women without COVID-19 (CDC)⁴.
- ACOG encourages women to discuss the benefits and risks of COVID-19 vaccination with their healthcare provider if they are pregnant or are considering pregnancy. Frontline health workers are more likely to be exposed to COVID-19 and, if pregnant, at risk of complications (ACOG)¹⁰.
- Pregnant women routinely and safely receive vaccines that are not live viruses, such as annual flu and Tdap. The mRNA COVID-19 vaccines do not contain the live virus that causes COVID-19 and, therefore, cannot give someone COVID-19 (CDC)⁴.



Myth #5: I don't need to get the vaccine if I have already had COVID-19

Fact: Vaccination provides a strong boost in protection.

- The CDC recommends vaccination regardless of whether you already had COVID-19, as experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Studies have shown that vaccination provides a strong boost in protection in people who have recovered from COVID-19 (CDC)⁵.

If you currently have the SARS-CoV-2 (COVID-19) infection, you should defer getting the vaccine until you have recovered from the acute illness and your isolation period has ended.

This recommendation applies to those who develop SARS-CoV-2 infection before receiving any vaccine doses as well as those who develop SARS-CoV-2 infection after the first dose but before receipt of the second dose.

- There is no recommended minimum time between infection and vaccination, but if you have had acute SARS-CoV-2 (COVID-19) infection, current evidence suggests that the risk of reinfection is low in the months after initial infection but may increase with time due to waning immunity.
- Currently, there are no data on the safety and efficacy of mRNA COVID-19 vaccines in people who received monoclonal antibodies or convalescent plasma as part of COVID-19 treatment. Based on the estimated half-life of such therapies as well as evidence suggesting that reinfection is uncommon in the 90 days after initial infection, vaccination should be deferred for at least 90 days. This is a precautionary measure to avoid interference of the antibody treatment with vaccine-induced immune responses (CDC)⁶.

References

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