



HARC HELPS DEBUNK COVID-19 VACCINE MYTHS

Multiple studies have shown that the COVID-19 vaccine is effective and can protect you from getting the virus.¹ The vaccine helps your immune system to fight the virus that causes COVID-19. After getting the vaccine your body will take a couple of weeks to build immunity to coronavirus. The vaccine may cause some side effects, but it will also keep you away from getting seriously ill from COVID-19.¹ However, there are still a lot of myths and misinformation that surround the COVID-19 vaccines. This infographic is to inform the general public with facts and resources regarding the vaccine.



What is a Vaccine?

“A vaccine is a type of medicine that trains the body’s immune system so that it can fight a disease it has not come into contact with before.”² Vaccines contain the same germs that cause disease. These germs are either weakened or inactive so that they won’t make you sick.³



Current Types of COVID Vaccines:

- **Moderna COVID-19 Vaccine⁴**

It is a messenger RNA vaccine (mRNA) given in the muscle of the upper arm. Messenger RNA is a new type of vaccine that teaches our cells how to make a protein that triggers an immune response if the person gets infected.¹⁴ People can receive the Moderna vaccine in two shots, one month (28 days) apart.

- **Pfizer/BioNTech COVID-19 Vaccine⁵**

This is an mRNA that has been authorized by FDA for emergency use during COVID-19. The shot is given in the muscle of the upper arm. This vaccine is given in two shots, 21 days apart.

- **Johnson & Johnson’s COVID-19 Vaccine⁶**

This vaccine uses adenovirus, a virus that causes many respiratory infections. One shot is given in the muscle of the upper arm.



Myths and Facts



Can the COVID vaccine give me COVID?⁷

No, it can't. Authorized and recommended COVID-19 vaccines available in the United States contain one of the following: material from the coronavirus, a weakened version of a live coronavirus virus in it, or a similar virus (e.g., adenovirus) that has been modified to fight coronavirus. So there's no chance that the vaccine can give you COVID.

Will the COVID-19 vaccine protect me from COVID-19?⁷

COVID-19 vaccine will protect you against some forms of the virus but not all potential mutations, so some people could still get COVID-19 even after the vaccination. There's not a 100% certainty that the COVID-19 vaccine can protect everyone from coronavirus yet.

Do I still need to wear a mask and socially distance myself if fully vaccinated?¹⁵

Yes, it helps you to protect yourself and the people around you. So even after you are fully vaccinated make sure to wear a mask over your nose and mouth, stay 6 feet away from others, wash your hands often and avoid crowds or poorly ventilated spaces. Researchers are not yet sure whether the COVID-19 vaccine can prevent a person from spreading the virus to others even if the person doesn't get sick himself.



Can the COVID-19 vaccine affect my current pregnancy?⁷

There are limited data available from studies and clinical trials on the safety of COVID-19 vaccines for expecting mothers. Therefore getting vaccinated is a personal choice, and it would be better for the patients to talk to their doctor regarding any concerns.



Can the COVID-19 vaccine alter my DNA?⁷

No, it can't. COVID-19 mRNA vaccines are not able to alter your DNA in any manner. This is because mRNA from the vaccine doesn't enter the nucleus of the cell where the DNA is located.



Is it safe to get the COVID-19 vaccine if I have allergies?⁸

Yes, it is. You can get vaccinated for COVID-19 even if you have allergies to food, latex, pets, insect bites, oral medication, environmental allergens and even anaphylaxis (severe, life-threatening allergic reaction).

If I already had COVID-19, do I still need the COVID vaccine?⁷

Yes, you do. You should get vaccinated for COVID-19 regardless of whether you already had coronavirus. It is possible but rare for a person to get COVID-19 again even after the person got the virus and recovered from it.



Myths and Facts Continued...



Are some vaccines better than others? Should you wait for a better one?

All three types of COVID-19 vaccines are effective in controlling the spread of the COVID-19 pandemic. Clinical trials have shown that the Moderna vaccine (94%)⁹ and Pfizer/BioNTech (95%) vaccines are highly effective in reducing the risk of COVID-19 among people.¹⁰ Johnson & Johnson has shown a 66% effectiveness in preventing moderate to severe COVID-19 and a 100% effectiveness in minimizing the risk of hospitalization and death.⁶

But the effectiveness may depend on your body type and health conditions as well. It is strongly recommended to discuss the best vaccine for you with your doctor before receiving the COVID-19 vaccine.

Will the COVID-19 vaccine make me test positive for COVID-19 on a viral test?⁷

No, it won't. None of the authorized and recommended COVID-19 vaccines in the U.S. can cause you to test positive on viral tests (test for current infection).

Is it safe to get the vaccine if I have known medical conditions?

It is safe and effective for people with conditions including hypertension, diabetes, asthma, pulmonary, liver, or kidney disease, and chronic infections that are stable and controlled to receive the COVID-19 vaccine. Talk to your doctor before getting the COVID-19 vaccine.¹¹



COVID-19 Vaccine Benefits¹²

COVID-19 vaccination will...

- Protect you from COVID-19.
- Help control the coronavirus pandemic.
- Help protect the people around you.
- Be a safer way to help build protection.
- Make your immune system ready to fight the virus if you are exposed.
- Keep you from getting seriously ill even if you do get COVID-19 and reduce the number of people killed by COVID-19.



COVID-19 Vaccine Side Effects¹³

- **On the arm where you got the shot:** Pain, redness, swelling
- **Throughout the rest of your body:** Tiredness, headache, muscle pain, chills, fever, nausea



Who is Eligible to Get the Vaccine?



- **In all counties:** Healthcare workers, long-term care residents
- **In some counties:** Emergency medical services, food and agriculture workers, teachers and childcare workers, anyone age 65 or older

Find more information at

<https://www.rivcoph.org/COVID-19-Vaccine-with-Registration>



How to Make an Appointment?

- Check your eligibility to receive the COVID-19 vaccine using 'My Turn website' <https://myturn.ca.gov/>
- If eligible, make an appointment using 'My Turn'
- If you're not eligible yet, sign up to be notified when you become eligible

Current COVID-19 Vaccination Locations in Riverside County:

- Bob Glass Gym (65+ Only) - Perris, CA 92570
- Carl May Community Center - Desert Hot Springs, CA 92240
- Lake Elsinore Storm Stadium (Drive-Thru Clinic) - Lake Elsinore, CA 92530
- LA Fitness - Norco CA 92860
- Palm Springs Convention Center - Palm Springs, CA 92262



Find more information on locations and registration at

<https://www.rivcoph.org/COVID-19-Vaccine-with-Registration>

Sources:

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12. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>
13. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>
14. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html>
15. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

Additional information on COVID-19 vaccine can be found at <https://www.cdc.gov/vaccines/covid-19/index.html>



For more information, visit HARCdata.org