

# Know the facts about the COVID-19 vaccine

You've likely heard about the COVID vaccine on the news and social media. It's important to understand the facts and not allow any myths to prevent you from "sleeving up" for this vaccination.

**Myth** The vaccine was rushed. Shortcuts were taken to get it to market.

**Reality** No steps were skipped in safety evaluations of the vaccine. The FDA granted emergency use of the vaccine after finding that the known and potential benefits outweigh the known and potential risks. And, while the emergency use process is shorter than a full review, the CDC has reviewed the FDA's authorization and recommends the vaccine.

**Myth** The side effects are severe.

**Reality** Side effects have been mild and rare. Only a few participants felt the need to take an over-the-counter medication to alleviate the side effects, and no one sought out professional medical care. Of those who participated in the trials, the most common side effects were short-term, mild symptoms including soreness at the injection site, a headache, fever or fatigue. These symptoms typically indicate that the body is developing immunity and is a sign that the vaccine is doing its job.

**Myth** The vaccine will give me COVID.

**Reality** The vaccine cannot give you COVID because it does not contain a live or inactivated virus that is injected into the body.

**Myth** If I've had COVID, I don't need a vaccine.

**Reality** To best protect from future exposure to COVID, those who have already been infected are also advised to be vaccinated. Although having had COVID could provide natural immunity, it is uncertain how long that immunity lasts (if at all). There have been preliminary findings that those who have had COVID can become reinfected.

**Myth** I won't have to wear a mask once I get the vaccine.

**Reality** It is vital to continue to wear masks and follow other disease management protocols until the vaccine is distributed across the general population – these protocols are in place to protect those who have not had the vaccine. The quickest way to lift those protocols is for everyone to get vaccinated.

**Sleeve  
Up Atria**

For more information, speak with your Executive Director or visit <https://www.cdc.gov/vaccines/covid-19/index.html>.

Let's give togetherness a shot in the arm.