COVID-19 Vaccines: Get the Facts

According to healthcare experts, the COVID-19 vaccines may be our best hope for ending the current pandemic. To help you separate facts from myths and rumors, here's what you need to know about the vaccines according to the Centers for Disease Control and Prevention (CDC) and other leading experts.

COVID-19 Vaccine Facts

- All COVID-19 vaccines approved for use in the United States have undergone rigorous testing by multiple government and regulatory agencies. These tests have consistently shown the vaccines to be safe and effective.
- COVID-19 vaccines will not give you COVID-19 or cause you to test positive when using COVID-19 viral tests, as they do not contain the live virus.
- COVID-19 vaccines do not alter your DNA or cause infertility.

Benefits of Getting a COVID-19 Vaccine

- Helps protect you from getting COVID-19 or becoming seriously ill or dying due to the COVID-19 virus.
- Helps prevent you from spreading the COVID-19 virus to others.
- Helps to slow the speed at which the COVID-19 virus replicates, giving it less opportunity to mutate and possibly become more resistant to vaccines.

Understanding the COVID-19 Vaccine

Some COVID-19 vaccines use a new technology known as messenger RNA (mRNA), which causes the body to make a protein that activates the immune system. By mimicking the infection without actually infecting you with COVID-19, this process enables the immune system to build immunity to the coronavirus.

The vaccine does not contain the live virus and cannot cause COVID-19.

While getting the vaccine will not cause you to test positive for a COVID-19 viral test, it could result in a positive antibody test. Antibody tests simply indicate that you have had a previous infection and may have some level of protection against the virus. A positive antibody test does not indicate that you are currently infected with COVID-19.

COVID-19 Vaccine Side Effects

Some people may have very mild side effects for a day or two after the vaccine. This does not mean you are sick – it is a sign that your immune system has been effectively activated to fight the virus. Side effects may include, but are not limited to, the following:

- Pain, redness or swelling where the shot was given
- Fever
- Fatigue
- Headache
- Muscle pain
- Chills
- Joint pain

Already Had COVID-19? You Still Need a Vaccine

Even if you have tested positive for COVID-19 in the past, there is evidence that you can benefit from the vaccine. At this time, experts don't know how long someone is protected from getting COVID-19 again after recovering from it. Getting the vaccine can offer extra protection against reinfection.

Get Your Flu Shot in Addition to the COVID-19 **Vaccine**

Getting a flu shot is more important than ever because of the ongoing COVID-19 pandemic. While getting a flu shot will not protect against COVID-19, there are other important benefits such as:

- Flu shots have been shown to reduce the risk of flu illness, hospitalization and death.
- Getting a flu shot can also save healthcare resources for the care of patients with COVID-19.

Safety Precautions After Getting the COVID-19 Vaccine

While the vaccine is extremely effective in protecting those who receive it, it may still be possible for people who have been vaccinated to carry the COVID-19 virus and spread it to others.

Until we learn more, and to protect others from the spread of COVID-19, you should continue to follow these precautions even after getting your vaccine:

- Avoid close contact with others and maintain social distancing.
- Continue to wear a mask.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Stay home if you're sick.

Your actions can continue to save lives.
Wear a mask, wash your hands often, practice social distancing,
and when it's your turn, ***get vaccinated.***

For the latest information about COVID-19 and the safety of COVID-19 vaccines, visit **www.cdc.gov.**

Source: Centers for Disease Control and Prevention; Mayo Clinic