**The providers in the CUC are happy to talk to you about the vaccine.**

* **Please come to us with questions or concerns!**

**Why should I get the vaccine instead of just taking my chances with the virus?**

--The vaccine is safer than getting immunity through infection.

--Even if you are young and healthy, you can still get very sick, have long-term health problems, or even die if you get infected.

--**You may also spread the virus to loved ones who might get very sick or die.**

**Who should get a COVID-19 vaccine? EVERYONE unless:**

* You are younger than 12. (The vaccine is currently being studied in children.)
* You have a history of a serious reaction (such as anaphylaxis) to a vaccine ingredient. In this case you need to talk to your healthcare provider.
* If you have received COVID antibody or plasma therapy in the 90 days before planned vaccination

**Are these COVID-19 vaccines safe?**

Yes, these vaccines are safe. They are held to the same safety standards as other drugs and vaccines.

**The vaccine cannot give you the virus.**

The vaccines have been studied in large groups of people from diverse ethnic, racial, and age groups. This is a way to make sure they are safe for adults across a wide range of ages, races, and health conditions.

**How long does it take for the COVID-19 vaccine to work?**

You won’t have full protection until at least 7 days after the 2nd dose of the same brand vaccine.

**How will the shots make me feel?**

After you get a shot, you may feel under the weather for a few days. Side effects may include:

-- arm soreness

-- feeling tired

--headache and muscle aches

-- fever/chills

**You cannot get COVID infection from the vaccine!**

**Should I still wear a mask after I get the COVID-19 vaccine?**

Yes. Even after you get both doses of your vaccine, you should still wear a mask and practice social distancing. The vaccine will stop the virus from making you sick, but we do not know yet know if the vaccine will stop you from spreading the virus to others.

You should wear masks and social distance until the vast majority of people get the vaccine and we have reached herd immunity. The sooner most people get a vaccine, the sooner we can return to a more normal life.

**If I get COVID-19 after a shot, does this mean the vaccine made me sick?**

No. The vaccine cannot give you COVID. If you get sick after a shot, it means that you caught the virus **before** you were protected.

**Commonly believed myths about the COVID Vaccine**

**Myth: We can’t trust COVID-19 vaccines because they were rushed.**

The first vaccines for COVID-19 do involve new technology, and they were developed in record time. But it’s not because there were shortcuts in the process.

The new technology at the center of Pfizer’s and Moderna’s COVID-19 vaccines is called messenger RNA, or mRNA. Researchers have actually been working on this vaccine strategy for more than 30 years.

The companies put their vaccines through rigorous clinical trials involving tens of thousands of volunteers. Because of how prevalent COVID-19 is, it only took a few months for the clinical trials to collect enough data to make an initial evaluation. The FDA, as well as an independent panel of vaccine experts, closely scrutinized the data from those trials and deemed Pfizer’s and Moderna’s vaccines safe. Similar independent panels in several other countries agree.

**Myth: The vaccine will give me COVID-19.**

The first two COVID-19 vaccines that are available in the U.S. contain a strand of genetic material called mRNA. When the mRNA enters your cells, it instructs them to make a piece of the protein that’s present on the virus that causes COVID-19. Those protein pieces don’t harm you, but they do trigger your immune system to mount a response to fight off a real infection if you are exposed in the future.

**Myth: We don’t know what’s in these vaccines.**

Both Pfizer and Moderna have published the ingredient lists for their vaccines. In addition to the main ingredient, the COVID-19 mRNA for the spike protein, both vaccines contain lipids (fats) that help deliver the mRNA into your cells and a few other common ingredients that help maintain the stability of the vaccine. Despite theories circulated on social media, they do not contain microchips or any form of tracking device.

**Myth: These vaccines will alter my DNA.**

The vaccines use mRNA to instruct our cells to make a piece of the coronavirus’s spike protein in order to spark an immune system response. Human cells break down and get rid of the mRNA soon after they have finished using the instructions.

Messenger RNA does NOT enter the nucleus in the cell, which is where the DNA is stored. It doesn’t change our genome and who we are in any way.

**Myth: I already had COVID-19, so I won’t benefit from the vaccine.**

We don’t yet know how long natural immunity to COVID-19 lasts. Experts say that, even if you’ve had COVID-19, it is still appropriate for you to get the vaccine to make sure you’re protected.

**Myth: More people will die as a result of a negative side effect to the COVID-19 vaccines than would actually die from the virus.**

There is a claim circulating on social media that COVID-19's mortality rate is 1%-2% and that people should not be vaccinated against a virus with such a high survival rate. However, a 1% mortality rate is 10 times more lethal than the seasonal flu. In addition, mortality rates can vary widely and are influenced by age, sex and underlying health conditions.

While some people who receive the vaccine may develop symptoms as their immune system responds, remember that this is a common reaction when receiving any vaccine and these symptoms are not considered serious or life-threatening. You cannot get COVID-19 from the COVID-19 vaccines; they are inactivated vaccines, not live vaccines.

It's important to recognize that getting vaccinated for COVID-19 is not just about survival from COVID-19. It's about preventing spread of the virus to others and preventing infection that can lead to long-term negative health effects.

While no vaccine is 100% effective, they are far better than not getting vaccinated. The benefits outweigh the risks in healthy people.

**Myth: The COVID-19 vaccine was developed as a way to control the general population either through microchip tracking or nano transducers in our brains.**

This is fake news! There is no vaccine "microchip," and the vaccine will not track people or gather personal information into a database. This myth started after comments made by Bill Gates from the Bill & Melinda Gates Foundation about a digital certificate of vaccine records. The technology he was referencing is not a microchip, has not been implemented in any manner, and is not tied to the development, testing, or distribution of the COVID-19 vaccine.

**Myth: The COVID-19 vaccines were developed using fetal tissue.**

Current mRNA COVID-19 vaccines were not created with and do not require the use of fetal cell cultures in the production process.