

COVID-19 vaccines: Myths vs Facts

MYTH

FACT

The COVID-19 vaccines are not safe because they were developed too quickly and not tested enough.



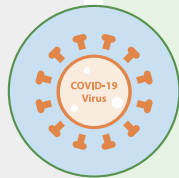
The vaccines were approved quickly because Health Canada made it a priority. The clinical trials for the COVID-19 vaccine were just as strict as they are for any other vaccine. Government agencies continually monitor and review vaccine safety. Visit [Health Canada's website](#) to learn more about how vaccines are approved.

The COVID-19 vaccines don't work against variants of concern.



The COVID-19 vaccines appear to provide protection against most variants of concern. While some fully vaccinated people may still become sick from the virus, the vaccines do provide good protection against severe illness caused by the COVID-19 variants.

I don't need the vaccine because I already had COVID-19.



Even if you have had COVID-19, it is important that you get the vaccine. Re-infection with COVID-19 is possible.

At this time, experts do not know how long someone is protected from getting sick again from COVID-19. The protection you get after having an infection, called natural immunity, varies from person to person.

The COVID-19 vaccine has severe side effects.



Mild symptoms are common after you get the COVID-19 vaccine, such as pain at the needle site, muscle aches or headache. These are normal signs that your body is building protection. Severe side effects are very rare.

Visit [Health Canada's webpages](#) to find more information on vaccine side effects.

I won't need to wear a mask or physically distance from others after I get the COVID-19 vaccine.



Even after receiving the vaccine:

- It is still possible to spread the virus
- It takes time for your body to build immunity

Continuing to follow public health measures will help to protect yourself and other members of our community who may not be vaccinated.

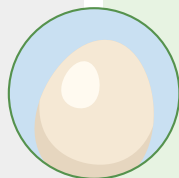
The COVID-19 vaccine will alter my DNA.



Injecting mRNA or genetic material from the viral vector vaccine into your body will not change your DNA.

Both types of vaccines work with the body's natural defenses to safely develop immunity to COVID-19.

I am allergic to eggs so I shouldn't get the COVID-19 vaccine.



None of the COVID-19 vaccines approved for use in Canada contain eggs. Eggs were not used in the development or production of either vaccine.

If you have a severe allergy, consult with your family doctor before getting the vaccine.

MYTH

FACT

COVID-19 vaccines contain pork products.



All COVID-19 vaccines approved for use in Canada do not contain animal products (including pork).

Pregnant and breastfeeding people should not get the COVID-19 vaccine.



Pregnant people are at increased risk of severe illness and death from COVID-19.

Health experts in Canada agree that COVID-19 vaccines are safe and protect pregnant and breastfeeding people from severe illness. The COVID-19 vaccine can be given at any time during pregnancy or when breastfeeding.

Talk to your health care provider if you have questions about the COVID-19 vaccine.

COVID-19 vaccines cause infertility or miscarriage.



None of the COVID-19 vaccines have been linked to infertility or miscarriage.

You can only get vaccinated if you have an Ontario Health Card (OHIP)



The COVID-19 vaccine is free for everyone in Canada. If you do not have an Ontario Health Card, you are still able to get the vaccine. You only need to provide a piece of government issued ID such as a driver's licence or passport.

I can't get the COVID-19 vaccine because I don't speak or understand English.



Language interpretation services are available by telephone at the COVID-19 clinics for people who are English language learners or for people who would be more comfortable in speaking to someone in their home language.

I can't get vaccinated because I have no way to get to the appointment.



Transportation is free. If you need help getting to a vaccine appointment, call 311 or check [halton.ca/COVIDvaccines](https://www.halton.ca/COVIDvaccines) to learn about your options.

There is no privacy at a COVID-19 clinic.



The clinics offer closed off areas for people who want privacy when they are being vaccinated. If you want privacy when you are vaccinated, call 311.