

## COVID-19 Vaccine Myths vs. Fact



**Myth:** Receiving an mRNA vaccine will alter your DNA.

**Fact:** mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA does not have the ability to alter or modify a person's genetic makeup or DNA. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defences to safely develop protection or immunity to disease.

**Myth:** You should not get vaccinated if you want to have a baby.

**Fact:** If you are trying to become pregnant now or want to get pregnant in the future, you can receive a COVID-19 vaccine. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems or problems in getting pregnant. A routine pregnancy testing is not required before COVID-19 vaccination. If you are trying to become pregnant, you do not need to avoid pregnancy after receiving a COVID-19 vaccine. Like with all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will report findings as they become available.

**Myth:** Vaccines contain toxic ingredients.

**Fact:** Today's vaccines use only the ingredients they need to be as safe and effective as possible. The gelatin and egg proteins in some flu vaccines can cause allergic reactions in very rare cases. Those affected typically have a history of severe allergies to gelatin or eggs. If you have severe allergies to ingredients in vaccines or other injectable medications, tell the nurse before your COVID-19 vaccine or talk to your doctor.

**Myth:** Natural immunity is healthier and more effective than vaccine immunity.

**Fact:** Vaccines allow you to build immunity without the damaging effects that vaccine-preventable diseases can have. These diseases can cause serious health problems and even be life-threatening. Even with the advances in health care, the diseases vaccines prevent can still be very serious. Vaccination is the best way to prevent them.

**Myth:** The side effects of the vaccine are really bad.

**Fact:** The most common side effects from this vaccine have included fatigue, muscle pains, joint pains, headaches, pain and redness at the injection site. With the mRNA vaccines, these symptoms were more common after the second dose of the vaccine and the majority of side effects were mild.

**Myth:** The person who receives the COVID-19 vaccine must quarantine for 2-14 days because he can transmit infection.

**Fact:** None of the COVID-19 vaccines contain live COVID-19 virus. They do not lead to any infection even if they result in short- lasting side effect such as fever or fatigue. Isolation or quarantine is therefore not required.

**Myth:** Period between the two doses of COVID-19 vaccine should be three months, not one month.

**Fact:** The interval period between vaccine doses depends on the type of vaccine. Government of India will advise on timing of the second dose when you receive your first dose.

**Myth:** I can take the COVID-19 vaccine if I have just received a vaccine for another disease.

**Fact:** There should be a minimum interval of 14 days between the administration of the COVID-19 vaccine and any other vaccine against other disease.

**Myth:** If you already had COVID-19, you do not need the vaccine.

**Fact:** Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people are advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. The immunity someone gains from having an infection, called natural immunity, varies from person to person.

### Source:

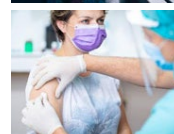
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World Hepatitis Day is...



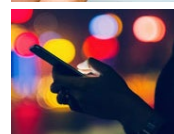
### COVID-19 Vaccine....

Receiving an mRNA...



### Difference between gout and...

Rheumatoid arthritis...



### Smart phone addiction...

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### Lifestyle changes after...

The main function of...