



Philippine Red Cross - Red Cross Youth  
Total Outreach for Community Health  
Limitless IFRC Innovation Academy | Solferino Academy

## **Bakuna NaTaTa!**

## **Pabakuna Nata, Tara!**

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### **BACKGROUND ON THE ADVERSE AND SIDE EFFECTS OF THE VACCINE**

According to the DOH, the possible side effects of a vaccine include pain, redness, itchiness or swelling at the injection site (which may last a few hours); fever; feeling of weakness or fatigue; headache; dizziness; diarrhea; or nausea.

Local reactions at the injection site were the most common side effects reported with pain at the injection site being the most frequent and severe solicited local reaction among vaccine recipients in the >18 year old age group. In a study by the CDC among those vaccinated with the Pfizer-BioNTech COVID-19 vaccine, 77.4% of respondents reported at least one systemic reaction with fatigue, headache and new or worsened muscle pain being the most common.

Furthermore, in the same study by the CDC,, serious adverse events or side effects were defined as any untoward medical occurrence that resulted in death, was life-threatening, required inpatient hospitalization or prolongation of existing hospitalization, or resulted in persistent disability/incapacity had a reported incidence of 0.6% in the vaccine group and 0.5% in the placebo group. Of these, only two serious adverse events were considered by U.S. Food and Drug Administration (FDA) as possibly related to vaccine: shoulder injury possibly related to vaccine administration or to the vaccine itself, and lymphadenopathy involving the axilla contralateral to the vaccine injection site. Otherwise, occurrence of severe adverse events involving system organ classes and specific preferred terms were balanced between vaccine and placebo groups.

Side effects can affect your ability to do daily activities, but they are self limited and should go away in a few days. In most cases, discomfort from pain or fever is a normal sign that the body is building protection. However, If the redness or tenderness where the shot was given gets worse after 24 hours or If the side effects are worrying or do not seem to be going away after a few days, contact your physician or healthcare provider.

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Matod sa DOH ug US CDC ug US FDA, ang pinaka komon nga side effects kay pagsakit, pagpula, pagkatol, o paghubag sa lugar nga gitusokan, hilanat, pagkaluya, pagkalipong, pagkalibanga, kasukaon, ug pamaol. Kani nga mga side effects mawala ra sulod sa pipila ka oras o sa sunod nga adlaw.

Sigon sa pagtuon sa US CDC, ang adverse events o kadtong mga panghitabo nga peligro sa panglawas human sa pagpabakuna sa COVID-19 Vaccine limitado lamang kaayo. Kini naa sa 0.5% sa placebo group (giturokan nga walay bakuna) ug 0.6% sa vaccine group (giturokan nga adunay bakuna) buot pasabot wala kaayo'y diperensiya sa nagpabakuna ug sa wala. Sa 0.6% nga nag adverse events, duha lamang ang naingon nga may kalabutan sa bakuna.

## COMMON MISCONCEPTIONS/MYTHS ABOUT VACCINE SIDE EFFECTS AND ADVERSE EFFECTS

- **Myth: The ingredients in COVID-19 Vaccine are dangerous.** *Delikado ang sangkap sa COVID-19 vaccines.*

**FACT:** Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars, and salts.

COVID-19 vaccines do NOT contain ingredients like preservatives, tissues (like aborted fetal cells), antibiotics, food proteins, medicines, latex, or metals.



Vaccines contain fats, sugar, & salt that are **SAFE** for intake.

Vaccines **DO NOT** contain dangerous preservatives, aborted fetal cells, antibiotics, etc.



Exact vaccine ingredients vary by manufacturer. Pfizer-BioNTech and Moderna COVID-19 vaccines also contain messenger RNA (mRNA) and the Johnson & Johnson/Janssen COVID-19 vaccine contains a harmless version of a virus unrelated to the virus that causes COVID-19.

These give instructions to cells in your body to create an immune response. This response helps protect you from getting sick with COVID-19 in the future. After the body produces an immune response, it discards all the vaccine ingredients just as it would discard any information that cells no longer need. This process is a part of normal body functioning.

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Halos tanan sangkap sa COVID-19 vaccine makitan sa pagkaon sama sa tambok, asukar, ug asin. Walay preservatives, tambal, ug metal ang vaccine.

Adunay uban specific nga ingredients ang mga lain lain nga brands pero dili kini makadaot. Sama sa Pfizer BioNTech vaccine nga naay mRNA ug ang Janssen vaccine naay luwas nga bersiyon sa virus. Igo lang kini sila mutudlo sa lawas sa pagtukod ug immune response og idiskarga lamang sa lawas paghuman niini. Dili kini sila makadala ug sakit o makahatag ug COVID-19.

- **Myth: Covid 19 vaccines causes variants.** *Ang bakuna ang hinungdan sa mga variant.*

**FACT:** COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19. Instead, COVID-19 vaccines can help prevent new variants from emerging.

New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). As the virus spreads, it has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging. CDC recommends that everyone, 5 years of age and older, get vaccinated as soon as possible.



**5 yo & above are encouraged to get vaccinated ASAP.**

*Dili ang bakuna ang makahimo o hinungdan sa mga variant. Ang bakuna ang makapugong sa pagkahimo sa mga bagong variants.*

*Ang mga variants nahitabo tungid kay ang virus nga hinungdan sa COVID-19 natural nga nag-usab usab sa pagkalat niini nga gitawag og mutation. Sa pagkalat niini, mas daghan iyang oportunidad nga maka mutate. Kung mas daghan ang bakunado, mas mubo ang posibilidad nga makatakud ug makakatag siya busa mas mubo ang posibilidad sa pag mutate. Tungod niini, rekomendado sa CDC ang pagpabakuna dayon sa 5 anyos pataas.*

- **Myth: All events reported to the Vaccine Adverse Event Reporting System (VAERS) are caused by vaccination.** *Tanan events o adverse effect nareport sa Vaccine Adverse Effect Reporting System tungod sa pagpabakuna.*

**FACT:** Anyone can report events to VAERS, even if it is not clear whether a vaccine caused the problem. Because of this, VAERS data alone cannot determine if the reported adverse event was caused by a COVID-19 vaccination.

**Some information from VAERS are INACCURATE.**



Some VAERS reports may contain information that is incomplete, inaccurate, coincidental, or unverifiable. Vaccine safety experts study these adverse events and look for unusually high numbers of health problems, or a pattern of problems, after people receive a particular vaccine.

Recently, the number of deaths reported to VAERS following COVID-19 vaccination has been misinterpreted and misreported as if this number means deaths that were proven to be caused by vaccination. Reports of adverse events to VAERS following vaccination, including deaths, do not necessarily mean that a vaccine caused a health problem.

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*Tanan pwede mureport sa VAERS bisan paman dili pa klaro kung ang bakuna o unsa pa ang hinungdan niini. Busa, dili makaingon ang kani nga datos lamang kung delikado ang bakuna o tungid kini tanan sa bakuna. Adunay uban datos nga kulangan, sayop, dili tukma, ug dili mapamatud-an. Kani tanan kinahanglan pa susihon sa mga eksperto kung asa ila una obserbaran ang mga talagsaon nga pagsaka sa usa ka health problem sa usa ka brand sa vaccine.*

- **Myth: COVID-19 vaccines contain microchips.** *Ang bakuna laban sa COVID-19 naay microchip.*

**FACT:** COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.



**COVID-19 vaccines do NOT contain microchips & it cannot and will not give you COVID-19.**

The vaccine for COVID-19 cannot and will not give you COVID-19. The two authorized mRNA vaccines instruct your cells to reproduce a protein that is part of the SARS-CoV-2 coronavirus, which helps your body recognize and fight the virus, if it comes along. The COVID-19 vaccine does not contain the SARS-Co-2 virus, so you cannot get COVID-19 from the vaccine. The protein that helps your immune system recognize and fight the virus does not cause infection of any sort.

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*Walay microchips ang mga bakuna o bisag unsa nga pisa sa puthaw. Gihimo ang bakuna sa paglaban sa virus ug dili sa pag "track" sa imong kalihukan.*

- **Myth: The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.** *Ang natural na imunidad sa akong lawas kay mas epektibo pa kaysa sa imunidad na makuha nako gikan sa bakuna.*

**FACT:** Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.

COVID-19 vaccination causes a more predictable immune response than infection with the virus that causes COVID-19. Getting a COVID-19 vaccine gives most people a high level of protection against COVID-19

and can provide added protection for people who already had COVID-19. One study showed that, for people who already had COVID-19, those who do not get vaccinated after their recovery are more than 2 times as likely to get COVID-19 again than those who get fully vaccinated after their recovery.

**COVID-19 vaccine gives most people a high level of protection against COVID-19 & can provide added protection for people who already had COVID-19.**



*Ang pagpabakuna kay mas luwas ug mas kasaligan nga pamaagi sa pagpalambo sa imong immunity kontra COVID-19 kaysa pagkahuman masakit ug COVID-19.*

*Ang pagpabakuna makahatag ug mas kasaligan nga immune response kaysa sa imong makuha human matakdan sa virus. Taas nga lebel sa immunity makuha sa bakuna ug makahatag ug mas dugang nga proteksyon alang sa mga gikan natakdan. Base sa pagtuon, alang sa katong gikan natakdan sa COVID-19, doble ang posibilidad nga matakdan usab sa COVID-19 ang mga wala nabakunahi kumpara sa gikan na nabakunahan paghuman matakdi.*

#### References:

**(published journals or verified government websites):**

[1]<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

[2]<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

[3]<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

[4]<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccines-myth-versus-fact>