

The following are answers to common myths surrounding the COVID-19 vaccination.

More details: maine.gov/covid19/vaccines/public-faq

I can get COVID-19 from the Vaccine

No COVID-19 vaccines in the U.S. contain the live SARS-CoV-2 virus. you can't get infected with the virus or get sick with COVID-19 after receiving the vaccine. The vaccines teach the immunity system how to recognize and fight the virus. This process can cause symptoms, but does not cause the harmful infection.

If I have already had COVID-19, I don't need a vaccine

Evidence continues to indicate that getting a COVID-19 vaccine is the best protection against getting COVID-19, whether you have already had COVID-19 or not. A study by the National Library of Medicine in August 2021 indicates that if you had COVID-19 before and are not fully vaccinated, your risk of getting re-infected is more than two times higher than for those who were infected and got vaccinated.

Most people don't need a COVID-19 booster shot

An additional primary shot of a COVID-19 vaccine is recommended for people who are vaccinated and might not have had a strong enough immune response. In contrast, a booster dose is recommended for people who are vaccinated and whose immune response weakened over time. Research suggests that getting a booster dose can decrease your risk of infection and severe illness with COVID-19.

The COVID-19 vaccine contains controversial substances

The first two COVID-19 vaccines to be authorized by the FDA contain mRNA and other, normal vaccine ingredients, such as fats (which protect the mRNA), salts, as well as a small amount of sugar. These COVID-19 vaccines were not developed using fetal tissue, and they do not contain any material, such as implants, microchips or tracking device.

Pregnant and breastfeeding women should not get the COVID-19 vaccine

If you are pregnant or breastfeeding, it's recommended that you get a COVID-19 vaccine. The overall risk of COVID-19 to pregnant women is low. However, women who are pregnant or were recently pregnant are at increased risk of severe illness with COVID-19. Getting a COVID-19 vaccine can protect you from severe illness due to COVID-19. Vaccination can also help pregnant women build antibodies that might protect their babies.

A mRNA vaccine will change my DNA

Injecting mRNA into your body will not interact or do anything to the DNA of your cells. mRNA vaccines work by instructing cells in the body how to make a protein that triggers an immune response. The mRNA can only last for a few days at most before they are destroyed.

The flu vaccine protects you against COVID-19

There is no evidence to support the claim that the flu vaccine protects against coronavirus and it's still important to get both of these vaccines

COVID-19 Vaccines can cause autism

This claim stems from a discredited and retracted study that linked the measles, mumps and rubella (MMR) vaccine to autism. Unfortunately, this flawed study has kicked off a resilient storm of misinformation. Hundreds of studies across the globe have shown time and time again that there is no connection.



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