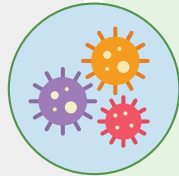# COVID-19 vaccines: Myths vs Facts

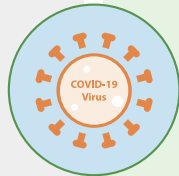| MYTH	FACT
The COVID-19 vaccines are not safe because they were rapidly developed and tested.	The vaccines were approved quickly because Health Canada prioritized the administrative and organizational process of vaccine authorization. The safety requirements in clinical trials for the COVID-19 vaccine were just as strict as the regular process for any other vaccine. Federal and Provincial agencies continually monitor and review vaccine safety. Visit Health Canada's website to learn more about the vaccine approval process.
The COVID-19 vaccines don't work against the variants of concern.	The COVID-19 vaccines appear to provide protection against most variants of concern. Although some variants might cause illness in some people who are fully vaccinated, the vaccines seem very effective against severe, critical and fatal disease 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 receive the vaccine. Re-infection with COVID-19 may be possible. At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity developed after having an infection, called natural immunity, is different from person to person.
The COVID-19 vaccine has severe side effects.	Some mild symptoms are common after you get the COVID-19 vaccine, such as pain at the injection site, muscle soreness 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 • Others in the community are waiting to be fully vaccinated • It takes time for your body to build immunity Continuing to follow public health measures after vaccination will help to protect yourself and other members of our community.
The COVID-19 vaccine will alter my DNA.	Injecting mRNA or genetic material delivered by viral vector vaccine into your body will not integrate with or change your DNA. Both types of vaccines work with the body's natural defenses to safely develop immunity to COVID-19.
The COVID-19 vaccines contain metallic ingredients.	None of the COVID-19 vaccines approved in Canada contain metallic ingredients and cannot cause a magnetic response when injected.

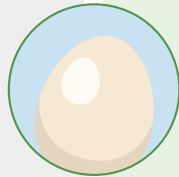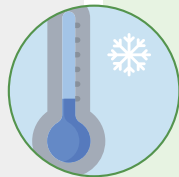| MYTH	FACT
Pregnant and breastfeeding people should not get the COVID-19 vaccine.	Pregnant people are at increased risk of severe illness and death from COVID-19. Scientific evidence and leading health experts in Canada agree the COVID-19 vaccines are safe and offers protection from severe COVID-19 illness for pregnant and breastfeeding individuals. The COVID-19 vaccine can be given at any stage of pregnancy. Talk to your health care provider if you are thinking about becoming pregnant or are pregnant before getting the COVID-19 vaccine.
COVID-19 vaccines cause infertility or miscarriage.	None of the approved COVID-19 vaccines have been linked to infertility or miscarriage. There is no evidence suggesting that fertility problems are a side effect of any vaccine.
I am allergic to eggs so I shouldn't get the COVID-19 vaccine.	None of the approved COVD-19 vaccines 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.
COVID-19 vaccines must be stored at low temperatures because of preservatives.	None of the approved COVID-19 vaccines contain preservatives. mRNA in the Pfizer-BioNTech and Moderna vaccines is fragile and the cold temperature keeps them stable and safe. Visit Health Canada's webpages for a list of vaccine ingredients.
The COVID-19 vaccine could make me test positive for COVID-19.	The approved COVID-19 vaccines will not cause you to test positive on viral tests, which are used to see if you have a current infection. You may test positive on some antibody tests. The COVID-19 vaccines do not contain a live COVID-19 virus. The viral vector-based vaccines contain a harmless live virus, not the COVID-19 virus.
COVID-19 vaccines contain pork products.	All approved COVID-19 vaccines have not listed porcine gelatin (a substance derived from pork products commonly used to stabilize vaccines) as a non-medical ingredient.

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