

Facts & Myths about Vaccination.

+ Fact

Vaccination against COVID-19 can protect you from severe illness.

- Numerous studies have shown the available US vaccines protect over ~90% individuals from severe illness due to COVID-19.

+ Fact

Vaccination against COVID-19 is safe for pregnant women and recommended.*

- Pregnant and recently pregnant people are at increased risk for severe COVID-19 illness compared to non-pregnant people.
- COVID-19 infection increases the risk of preterm birth and other adverse outcomes of pregnancy.
- Vaccination can protect mother and baby against COVID-19 illness and complications.
- Vaccination of pregnant people builds antibodies that may protect a baby.
- No safety or fertility concerns have been shown with the three approved vaccines.

+ Fact

Experiencing mild effects after your vaccination is normal and indicates that your body is building protection.

- Mild side effects include pain, redness, tiredness, headache, muscle pain, chills, fever, or nausea. These improve within 24 hours but may be more intense after the second shot.
- You may apply a cool towel or exercise to alleviate arm symptoms. You may drink plenty of fluids or take ibuprofen, acetaminophen, or antihistamines for pain or discomfort AFTER getting vaccination.
- It is not recommended that you take these medications before your vaccination appointment.



By arming yourself with the vaccine, you arm your community against COVID-19. Talk with your healthcare provider and learn more at Southcoast.org/covid-19-vaccination.

+ Fact

Once an individual is vaccinated, it takes two weeks to build immunity.

- For Moderna and Pfizer, while immunity builds after the first shot, you will be considered fully vaccinated two weeks after the second shot. For the Johnson and Johnson vaccination, you will be considered fully vaccinated two weeks after the first and only shot.

+ Fact

I should get vaccinated now since cases in MA and RI are increasing, and the vast number of severe cases of COVID-19 are occurring in the unvaccinated.

- Now is the time to get vaccinated. In addition, many individuals will be recommended to get a third vaccine dose, such as those with moderate or severe immunity. With rising case numbers, it is important to be safer by being vaccinated.

+ Fact

Southcoast will require vaccination for employees and medical staff?

- With rare exemptions, we will require staff to be vaccinated against COVID-19. This requirement has been put in place to keep staff, patients, and visitors safe.

Facts & **Myths** about Vaccination.

+ **Myth**

There is no point in getting vaccinated if I still have a risk of contracting COVID-19.

- While COVID-19 infection can occur after vaccination, typically, symptoms are mild if present at all. Vaccination can be lifesaving or may help to avoid hospitalization.

+ **Myth**

I have severe allergies, I can't get vaccinated.

- Talk with your primary care provider about your allergies and if they involve ingredients in the COVID-19 vaccine. If allergies are not related to vaccines or injectable medications, the CDC recommends that those individuals also get vaccinated.

+ **Myth**

I had moderate side effects after the first shot, and I am hesitant to get the second dose of the mRNA vaccine because I heard I'll have worse side effects?

- Even if you had moderate side effects, you should get a second shot of one of the mRNA vaccines (Pfizer or Moderna). If you have redness or tenderness that worsens after 24 hours or if your side effects are not improving over days, you should call the doctor.
- Side effects after a second shot may be more intense. However, these side effects are a normal sign your body is building protection.

+ **Myth**

Even if I get vaccinated I still have to wear a mask indoors and limit my activities, I don't see the benefit.

- Vaccination can prevent your likelihood of developing moderate or severe disease, dying, or developing long-haul conditions.
- Vaccination is becoming mandatory for some employers, schools, and even some entertainment venues.
- Vaccination, in combination with reasonable precautions, could greatly increase your safety and choices.



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+ **Myth**

Can the COVID-19 cause you to be magnetic?

- The vaccines do not contain ingredients that can produce an electromagnetic field and they do not contain metal.

+ **Myth**

Do the vaccines cause shedding or release of vaccine components?*

- No. The vaccines approved in the US do not contain live virus and cannot shed.

+ **Myth**

Will vaccines alter my DNA?*

- COVID-19 vaccines do not change or interact with your DNA in any way. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the cell's nucleus, which is where our DNA is kept.

+ **Myth**

Will getting a COVID-19 vaccine cause me to be COVID-19 positive on a viral test for acute infection?*

- No. None of the approved vaccines cause you to be positive on viral PCR tests used for infection.

*www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html