



# Myths vs. Facts Saying YES to the COVID-19 Vaccine!

When it comes to COVID-19 and the vaccine, there has been a lot of information shared. Some of it has been untrue or misleading. Many myths out there can cause people to be anxious or afraid. Here are some of the most common myths related to COVID-19 and the vaccine, along with the facts to help you understand the difference.

---

- ⊗ **Masks still work if they cover your mouth, so keeping your nose out is OK.**
- ✔ Your mouth and nose are connected. So when you sneeze, cough or even breathe – you use both. Your mask needs to cover your mouth AND your nose. Lowering your mask down under your nose can expose you to infectious air, while also exposing others to the respiratory droplets you are exhaling.
- ⊗ **You should avoid the hospital if you want to stay healthy.**
- ✔ It can be dangerous to avoid the hospital when you need medical help. If you or someone else is experiencing a life-threatening emergency, it is important to get medical attention immediately.
- ⊗ **I have been exposed to someone with COVID-19, but had a negative COVID-19 test, so I don't need to quarantine.**
- ✔ Quarantine is used to keep someone who might be exposed to COVID-19 away from others. A negative test does not end your quarantine early. It means that at the time of your test, your sample did not show viral levels high enough to be measured. You still could have COVID-19, be contagious, and spread the virus to others. It is important that you follow quarantine guidance provided by your local public health department or healthcare provider.
- ⊗ **I had COVID-19, so I'm immune.**
- ✔ Scientists have studied similar viruses and say it is possible to get COVID-19 more than once. They are still learning more about how likely you are to get infected again, how often it happens, and who has a higher chance of getting the disease again. Even if you had COVID-19, you should still wear a mask in public, stay away from crowds, wash your hands, and get the vaccine.

- ⊗ **The COVID-19 vaccines are unsafe because drug companies created them quickly.**
  - ✔ Because we were in a global pandemic, drug companies moved quickly to make the COVID-19 vaccines. For many years, they had already been doing research on new vaccines because of other outbreaks. Technology was available for quick action on COVID-19 vaccine research and development. In the United States, all vaccines in the United States go through strict studies and approval from the Food and Drug Administration (FDA) to make sure they are safe and will work.
- ⊗ **The COVID-19 vaccine can make you sick with COVID-19.**
  - ✔ None of the COVID-19 vaccines approved for use in the United States contain the live virus that causes COVID-19.
- ⊗ **The COVID-19 vaccine makes people sick who were otherwise healthy.**
  - ✔ There are several different types of vaccines. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19.
- ⊗ **Some people got COVID-19 right after their vaccine, so it must not work.**
  - ✔ It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. Though unlikely, a person could be infected with the virus that causes COVID-19 just before or just after vaccination.
- ⊗ **The COVID-19 vaccine will alter my DNA.**
  - ✔ The COVID-19 vaccine will not alter your DNA. There are currently two types of COVID-19 vaccines that have been authorized for use in the United States: messenger RNA (mRNA) vaccines and viral vector vaccines. They each work in different ways to help the body's natural defenses to safely develop immunity to disease by sending instructions to our cells to start building protection.
- ⊗ **The COVID-19 vaccines do not work on new strains of the virus.**
  - ✔ It is normal for viruses to change over time. Scientists have found multiple strains of COVID-19 around the world. Scientists are still studying if the COVID-19 vaccines work against these mutations.

---

Please remember to always do your research and get your information from sources that are trusted for medical, scientific and factual information, such as the [Centers for Disease Control](#), [National Institutes of Health](#), your local health department or major research hospitals. If you hear something that does not sound right, be your own best advocate and check it out! You can download a list of [credible sources here](#).

[qio.qsource.org](http://qio.qsource.org)

This material was prepared by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 23.QIO.CLIN6.11.079