

COVID-19 Vaccine Myth Busters

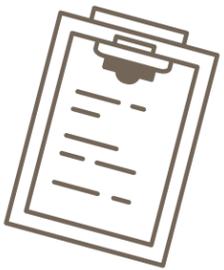
1. **Myth:** The vaccine was developed too fast!

Fact: While the COVID-19 vaccines were developed quickly, they follow years of research and planning for the eventuality of a virus of this sort. Since March 2020, companies, government regulators and competitors have been working collaboratively 24/7, and invested significant resources to ensure that we receive the vaccine in a timely manner, and supporting fast, responsible approvals without sacrificing safety.



2. **Myth:** It's not safe until we get more long-term data

Fact: According to the WHO, hundreds of millions of vaccines have been administered worldwide with only a small fraction of people experiencing serious side effects. Like any vaccine, most side effects tend to be mild to moderate and only last a few days, including pain at the injection site, fever, fatigue, headache, and chills. While experts continue to collect long-term data, we do know that the risks associated with contracting COVID-19 are much higher than the risks associated with being vaccinated.



3. **Myth:** Getting the vaccine could make me sick with COVID-19

Fact: A COVID-19 vaccine **cannot** make you sick with COVID-19. The vaccines contain only part of the virus, not the whole virus, and they cannot cause an infection. They help to protect you by creating an antibody response without having to experience sickness.



4. **Myth:** I should wait to get the specific vaccine I want and think is best

Fact: The vaccines are less about getting the number of COVID-19 cases down to zero, and more about reducing severe symptoms, hospitalization and death. All of the vaccines currently available in Canada are safe and highly effective in reducing the severity of COVID-19 symptoms. Check out this video to learn about [why you can't compare COVID-19 vaccines](#).



5. **Myth:** I don't need to get the vaccine if I've already been sick with COVID-19

Fact: You should be vaccinated regardless of whether you already had COVID-19. Experts do not yet know how long you are protected from getting sick again after recovering from COVID-19.



6. **Myth:** If my second dose is late, I'm not protected against COVID-19

Fact: [The National Advisory Committee on Immunization](#) (NACI) explains that for multi-dose vaccines provided in adulthood, the greatest proportion of short-term protection is achieved with the first dose, with additional doses primarily intended to extend protection over the longer term. While a second dose of the vaccine will be required to achieve maximum protection, the first dose will still offer you protection in the immediate term, as described by Dr. McGeer in this [short video clip](#).

