MYTH vs FACT

KNOW THE FACTS ABOUT COVID-19 VACCINES

### MYTH: THE VACCINE WILL GIVE ME COVID.

The vaccine teaches your immune system how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as aches and fever. These symptoms are normal and signs the body is building protection. Because it takes a few weeks for the body to build immunity after completing the vaccination series, it is possible a person could be infected with COVID-19 just before or just after vaccination and still get sick, because the vaccine has not had enough time to provide protection.

MYTH: THE VACCINE HAS MAGNETS IN IT.

All COVID-19 vaccines are free from metals such as iron, nickel, cobalt, lithium, rare earth allots, as well as manufactured products such as microelectronics, electrodes, carbon nanotubes and nanowire semiconductors. Even if the vaccine was filled with magnetic metal, the typical dose is less than a milliliter, which is not enough to allow magnets to be attracted to your vaccination site.

MYTH: THE VACCINE MAKES YOU TEST POSITIVE FOR COVID.

COVID-19 TEST RESULTS:
☑ Positive
☐ Negative
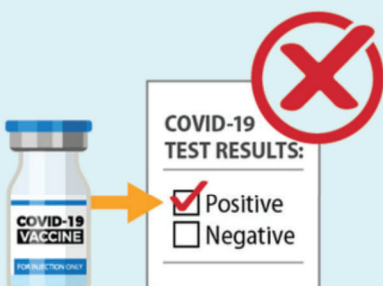
None of the vaccines authorized for use in the US cause you to test positive on a viral test. If your body develops an immune response to the vaccination, which is the goal, you may test positive on some antibody tests.

KNOW THE FACTS ABOUT COVID-19 VACCINES

MYTH: THE VACCINE ALTERS YOUR DNA.

COVID-19 vaccines do not change or interact with your DNA in any way. Genetic material never enters the nucleus of our cells, which is where our DNA is kept. This means that genetic material in vaccines cannot affect or interact with our DNA in any way.

MYTH: THE VACCINE WILL AFFECT MY PERIOD IF I'M AROUND SOMEONE WHO HAS GOTTEN THE VACCINE.

Many things can affect menstrual cycles, including stress, changes in your schedule, sleep, changes in diet or exercise. Infections may also affect menstrual cycles. Being near someone who received a COVID-19 vaccine cannot affect your period.

MYTH: THE VACCINE CAUSES INFERTILITY.

There is no evidence of any vaccine, including the COVID-19 vaccine, causing fertility problems or difficulty getting pregnant.

MYTH: THE VACCINE SHEDS THE VIRUS AND CAN AFFECT OTHER PEOPLE.

Vaccine shedding can only occur with live virus. None of the vaccines authorized for use in the US contain live virus.

COVID-19 Vaccines in Pregnancy and Breastfeeding

If you are pregnant, planning to get pregnant, or breastfeeding you should get a COVID-19 vaccine

The COVID-19 vaccines are effective in preventing infection, especially severe infections, from COVID-19 when given during pregnancy or breastfeeding.

If you are pregnant you are at higher risk of severe COVID-19

Pregnant people are at higher risk of becoming very sick, needing to go to the hospital, and even dying from COVID-19.

The COVID-19 vaccines are safe for you and your baby

The COVID-19 vaccines have been carefully followed in more than 130,000 pregnant people and do not cause problems during pregnancy like miscarriage or any problems for babies. The vaccines prevent more pregnancy problems by preventing COVID-19 infections. The vaccines cannot change someone's genes, give someone COVID-19, or pass to the baby in the womb.

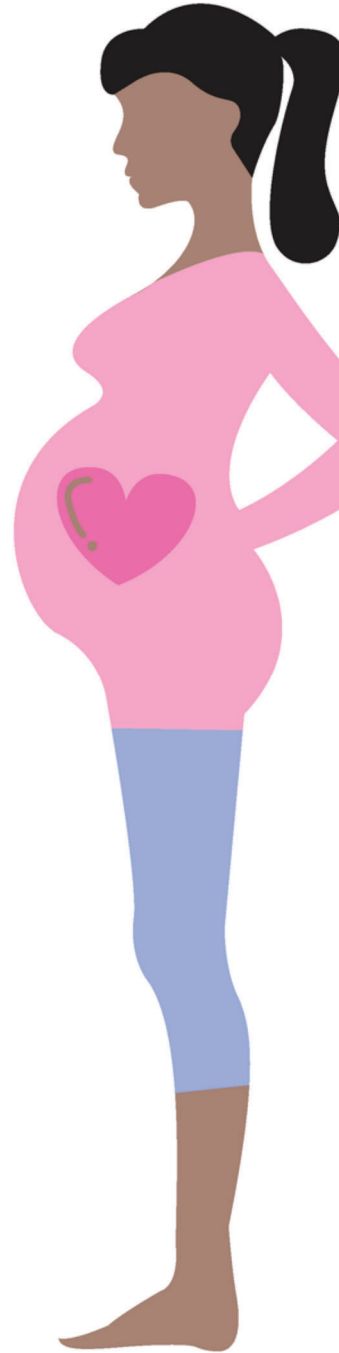**COVID-19 vaccines provide babies some protection from COVID-19**

Pregnant or breastfeeding people who get a COVID-19 vaccine pass antibodies in the womb and in breastmilk that give newborn babies some protection from COVID-19.

Pregnant and breastfeeding people can get any of the approved vaccines at any time

Each of the approved vaccines provide protection and are safe during pregnancy. Vaccines can be given at any time during pregnancy.

Side effects with the COVID-19 vaccines are generally not severe

Everyone who gets a COVID-19 vaccine, including pregnant and breastfeeding people, may have side effects which are usually mild like body aches, soreness at the vaccine site, chills, and tiredness. Talk to your healthcare provider if you have any concerning side effects.

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COVID-19 vaccine for Kids (6 months and older)

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Why get the vaccine?

The vaccine helps kids' natural immune system protect against COVID-19 so they can stay in school and do their regular activities!

Which vaccine?

Children ages 6 months and older get the Pfizer or Moderna vaccine.

Pfizer	Moderna
• **Children ages 6 months to 4 years** need to get 3 doses of the Omicron vaccine. They will need to wait 3 weeks between dose 1 and 2 and 8 weeks between dose 2 and 3. • **Children ages 5 years and older** need to get 1 dose of the Omicron vaccine.	• **Children ages 6 months to 5 years** need to get 2 doses of the Omicron vaccine, 4 weeks apart. • **Children ages 6 years and older** need to get 1 dose of the Omicron vaccine.

If your child is immunocompromised, talk to a doctor about getting extra vaccine.

What will it feel like?

We have seen fewer side effects in young children than in older children, but some feelings might be:

- Pain on the arm
- Tired
- Headache
- Dizziness
- Chills
- Fever

Kids will feel normal after a few days!

Is the vaccine safe?

- Millions of children and teens have been vaccinated safely for COVID-19.
- Children will also get a lower dose of vaccine than adults.

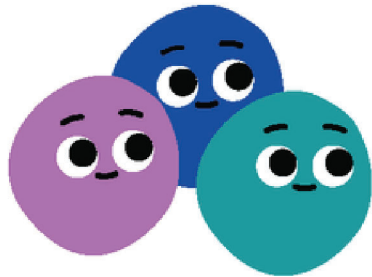**The COVID vaccine works like other children's vaccines that have kept kids safe and healthy for generations.**

To sign a child up for a vaccine, visit vaccinenm.org/kids

What does a vaccine do?
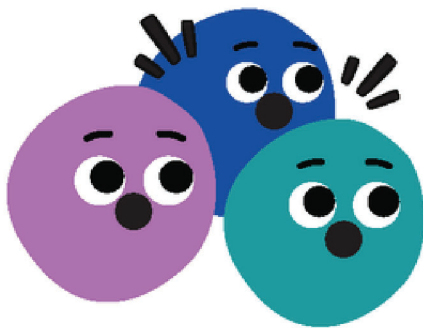
Your body has cells that help you stay healthy.

But the coronavirus will try to sneak into your body and make you feel bad!

The vaccine teaches your cells what the coronavirus looks like.

Now your cells can recognize the virus and help stop it from hurting you!

STOP

Your body has protection against getting very sick from the virus. The vaccine has done its job and leaves your body!

To sign a child up for a vaccine, visit vaccinenm.org/kids

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PLANNING FOR YOUR COVID-19 VACCINE

GET VACCINATED, EVEN IF YOU'VE HAD COVID

Because immunity decreases over time, it is still important to get vaccinated even if you were infected with COVID.

Vaccination after infection gives you more protection against getting reinfected or hospitalized.

IF YOU RECENTLY HAD COVID

People who have COVID can get the vaccine after they have recovered and have ended isolation. This includes people who received treatment for COVID.

If you were sick with COVID → Wait until you have recovered and are out of isolation. → You can get a COVID vaccine

You may consider waiting 3 months to get the vaccine. Studies have shown this may give a stronger immune response.

IF YOU ARE GETTING A FLU SHOT

You can get a COVID-19 vaccine and a flu vaccine at the same time.

To find a vaccine near you, visit vaccinenm.org or call the coronavirus hotline at 1-855-600-3453

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