



JUST THE FACTS: WHY YOU SHOULD TRUST THE COVID-19 VACCINE



Vaccines Defend What Matters
Physicians Caring for Texans

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❶ Vaccines do not give you COVID-19.

None of the vaccines currently available or in development contain a live virus. The mRNA vaccine contains a “blueprint” for a small (non-living) piece of the virus, which your body will use to build up antibodies against should you ever become exposed to the actual virus.

❷ There is no evidence vaccines affect fertility or harm an ongoing pregnancy.

Clinical data available shows no effect on the health of a pregnant individual or fetus. However, if you get the COVID-19 virus, complications associated with it can pose a serious risk to pregnancy and the mother’s health. Those who are pregnant and thinking of getting the vaccine should discuss their concerns with a physician.

❸ COVID-19 vaccines do not alter your DNA.

The mRNA contained in the vaccine does not interact with our DNA in any way. The mRNA is used to act as a blueprint for a small, non-living part of the virus that will be used to help our bodies build up an immune response. That way should the virus ever enter our body, our immune system can act quickly.

❹ The science behind mRNA vaccines has been around for several years and has been clinically proven to be safe and effective.

Neither science nor safety shortcuts were taken in the development of the vaccine. Increased priority, collaboration, and funding contributed to its expedited development.

❺ COVID-19 vaccines do not contain any microchips, implants, tracking devices, or other questionable substances.

COVID-19 vaccines currently available and in development do not contain any ingredients that have not been already used in manufacturing vaccines. The vaccine does not contain any solid implants or fetal tissue.

❻ COVID-19 vaccines have been deemed safe by the Centers for Disease Control and Prevention (CDC). Serious or dangerous side effects are extremely rare.

The most common side effects are sore arm, feeling tired, headache, body aches, or a mild fever. These side effects usually last no more than two days. The symptoms are the result of the vaccine working to strengthen the immune system.

If you have a history of severe allergic reactions to getting a vaccine, talk to your doctor to see if getting a COVID-19 vaccine is appropriate.

❼ The vaccines will let us get back to spending time with family and friends.

The more people who get vaccinated, the more difficult it would be for the virus to infect others and spread the disease, even to people who are unable to get the vaccine. This is called herd immunity.

Until we can understand if those who received the vaccine can spread the virus, you should still wear a face mask when around others, practice social distancing, and frequently wash your hands.

❽ The vaccines can offer longer term protection, even if you have already had COVID-19.

People who have had COVID-19 can benefit from the long-term protections from severe complications that can come with the virus, as it is possible to get reinfected.

❾ Even if you are not at increased risk for severe complications from COVID-19, getting the vaccine may protect others from getting sick. It will also help you return to work or school sooner.

To help stop the pandemic, we will need to use all the tools and information available. This includes wearing face masks, practicing social distancing, staying home when you feel sick, and getting the vaccine if you can.

To learn more about
COVID-19 vaccines, visit
cdc.gov/coronavirus/2019-nCoV/

Additional Resources for Physicians

Talking to Patients About Vaccine vs. Natural Immunity
Addressing COVID-19 Vaccine Hesitancy in Patients

www.texmed.org/Coronavirus