

COVID-19 Vaccines

Common Worries and Facts

I'M WORRIED...

The vaccine will give me COVID-19.

FACT

You cannot get COVID-19 from the vaccine.

COVID-19 vaccines do not contain the virus that causes COVID-19.

I'M WORRIED...

The vaccines are unsafe and don't work.

FACT

The COVID-19 vaccines are safe and effective.

Vaccines were tested on tens of thousands of participants in clinical trials. They met FDA's rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support emergency use authorization or full approval. They were all found to be very good at preventing people from getting sick with COVID-19.

I'M WORRIED...

The Johnson & Johnson vaccine contains fetal tissue.

FACT

The Johnson & Johnson vaccine does not contain parts of fetuses or fetal cells.

The vaccine was created using the same technology as many other vaccines. One piece of the vaccine is made in lab-grown copies of cells that originally came from elective abortions that took place over 35 years ago. Since then, the cell lines for these vaccines have been maintained in the lab. No further sources of fetal cells are used to make these vaccines. This might be new information for some people. However, vaccines for chickenpox, rubella and hepatitis A are made in the same way.

I'M WORRIED...

The COVID-19 vaccines cause infertility or impotence.

FACT

The vaccines are not known to interact with your reproductive organs.

Your worries around reproductive health and vaccines are understandable. Here is what we know: there is no scientific evidence that vaccines cause infertility or impotence. When the vaccine enters your body, it works with your immune system to create antibodies to fight the coronavirus. This process is not known to interfere with your reproductive organs.

I'M WORRIED...

I don't need the vaccine if I already had COVID-19.

✓ FACT

You should still get vaccinated if you already had COVID-19.

Data show it is uncommon to be re-infected with COVID-19 in the 90 days after you were infected. That means you might have some protection from COVID-19 (called natural immunity) for a little while. However, we don't know how long natural immunity lasts.

I'M WORRIED...

The vaccines have microchips that track people.

✓ FACT

The vaccines do not contain a microchip or a tracking device.

The vaccines only contain an active ingredient that helps your body create antibodies to fight COVID-19, plus fats, salts, and sugars.

I'M WORRIED...

COVID-19 vaccines are unsafe for people who are pregnant or breastfeeding.

✓ FACT

Medical experts in pregnancy and birth recommend the COVID-19 vaccine for people who are pregnant, lactating, or planning to get pregnant.

Data show the COVID-19 vaccines are safe during pregnancy. In fact, some studies show that a vaccinated parent can even pass antibodies against COVID-19 along to their baby through pregnancy and lactation. Pregnant people are at risk for severe illness from COVID-19, including death. The vaccines are the best protection.

I'M WORRIED...

The COVID-19 vaccines will change my DNA.

✓ FACT

COVID-19 vaccines do not change or affect your DNA.

All the vaccines available deliver instructions to our cells to start building protection against the virus that causes COVID-19. The vaccine does not enter the part of the cell where our DNA is kept. Instead, the vaccines work with our body's natural defenses to build immunity.

I'M WORRIED...

I'll get a blood clot after getting vaccinated.

✓ FACT

The risk of getting blood clots is extremely low.

For example, the risk is much lower than the risk of getting blood clots from taking birth control, which millions of women use every day. However, the Washington State Department of Health (DOH) recommends you get an mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna) instead of the Johnson & Johnson (J&J) vaccine due to the potential risk.

The J&J vaccine is still available if you aren't able or willing to get an mRNA vaccine. Talk to a health care provider about your risk.