

# 5 VACCINE MYTHS

## THE VACCINE CAN GIVE ME COVID.

**Only the virus (SARS-CoV-2) can cause COVID-19.** Health Canada approved vaccines do not contain live virus. They present our immune system with a viral protein (spike) for our immune system to recognize and remember. If the virus infects us, our immune system will recognize the virus and attack it. <sup>1</sup>

**Mild to moderate side effects** have been observed after vaccination. The most common ones are: pain, redness and swelling in the arm, fatigue, headache, muscle pain, fever and/or nausea. A few extremely rare cases (2/100,000) of serious adverse reactions have been observed but are much less frequent than those caused by COVID-19 virus.

## VACCINES HAVE BEEN KNOWN TO CAUSE SERIOUS SIDE EFFECTS.

## VACCINES, ESPECIALLY mRNA VACCINES, AFFECT FERTILITY.

**Health Canada and the Centers for Disease Control and Prevention (CDC) are analyzing available data** from clinical trials and ongoing mass vaccination. **No data shows that fertility is affected.** <sup>4, 5</sup>

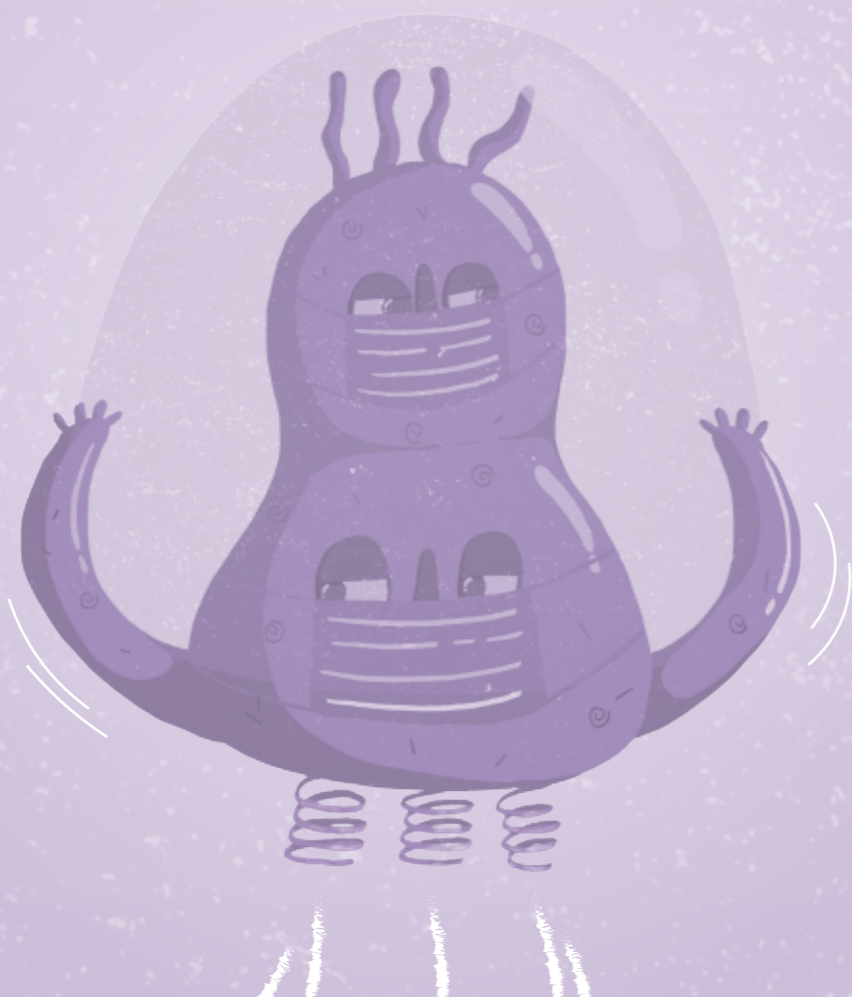
It is important to know that vaccines are designed to make our bodies produce antibodies against the SARS-CoV-2 Spike protein. This is a protein unique to this virus (it is not a human protein). <sup>1</sup> Therefore, following the vaccine, our body will only react when it encounters this viral protein, and in no case will it target our own proteins. Moreover, the vaccine is administered in the arm, i.e. far from the reproductive organs.

For something to change our DNA, it has to be able to interact with it. In our cells, DNA is protected in a controlled compartment called the nucleus. There is very little that can in and out. The mRNA in vaccines cannot get into the nucleus, instead they stay in an area called the cytoplasm within the cell. So, **it's impossible for mRNA to meet our DNA and interact with it.**

## mRNA VACCINES CAN CHANGE MY DNA.

## IF I HAVE AN ALLERGY, I CAN'T GET VACCINATED.

If you have a history of severe allergic reaction to any of the vaccine components (detailed here), it is recommended that you **consult an allergist before receiving a COVID-19 vaccine. This professional will guide you towards the right choice of vaccine.** For any other type of allergy, you can be vaccinated. Inform the health care staff so that they can do the most appropriate follow-up for you. <sup>3</sup>



## REFERENCES

1. Emily Chung. COVID-19 infection vs. vaccination: Which is better for immunity? CBC News, 2021.
2. Vaccine safety and possible side effects 2021. Health Canada.
3. The Association of Allergists and Immunologists of Québec.
4. Recommendations on the use of COVID-19 vaccines 2021. Health Canada.
5. Centers for Disease Control and Prevention. Information about COVID-19 Vaccines for People who Are Pregnant or Breastfeeding 2021.
6. COVID-19 Vaccine Information Sheet 2021. Ministry of Health, Ontario.