



COVID-19 Vaccine Information

- We are confident that the FDA-authorized COVID-19 vaccines are safe.
- We encourage everyone to get the vaccine to protect themselves and help end the pandemic. If you are pregnant or breastfeeding or have a history of allergic reactions to vaccines, speak with your doctor before getting the vaccine.
- There is a lot of misinformation about the COVID-19 vaccine being shared. It is important for everyone to read the science-based facts about it.

Frequently Asked Questions

Question	Answer
Why should I get the COVID-19 vaccine?	The COVID-19 vaccine can keep you from getting sick with COVID-19. The vaccine gives your immune system a preview of the coronavirus, so it learns how to stop it. It triggers antibodies in your blood to attack the virus. Getting the vaccine will help you protect yourself and help end the pandemic.
When can I receive the COVID-19 vaccine?	The COVID-19 vaccine is being provided in phases, guided by the Centers for Disease Control (CDC) and state health authorities. People with the highest risk of complications from COVID-19 are first to receive it. This includes residents of nursing homes and frontline health care workers. As more vaccine supplies are available, more people can get vaccinated. It is expected that all adults in the U.S. will be able to get vaccinated by late 2021.
Are the vaccines safe?	<p>We are confident the vaccines are safe. They have emergency use authorization from the Food and Drug Administration (FDA). The Pfizer-BioNTech COVID-19 vaccine is authorized for everyone age 16 and older. The Moderna and Johnson & Johnson COVID-19 vaccines are authorized for everyone age 18 and older.</p> <p>If you are pregnant or breastfeeding or if you have ever had an allergic reaction to a vaccine, you should talk to your doctor before getting a COVID-19 vaccine. Like most new medicines and vaccines, the COVID-19 vaccines were tested to make sure they are safe.</p>
How effective are the vaccines?	In clinical trials, the vaccines were very effective at keeping people from getting COVID-19. They also reduce the risk for being hospitalized or dying.
What are the common side effects?	The side effects are similar to the side effects of other vaccines. The most common side effects are pain or redness at the injection site, headache, fatigue, muscle or joint aches and low-grade fever. The Moderna vaccine may also cause nausea or vomiting. Most side effects last less than 24 hours, and people age 55 and older report fewer side effects.
I have a medical condition. Should I get the vaccine?	The trials for the vaccines included people who had one or more medical conditions, and they were found to be safe and effective. If you are immunocompromised or have an autoimmune condition, please be sure to speak with your doctor first.
If I had COVID-19 previously, should I still get vaccinated?	If you have been sick with COVID-19 before, you should still get the vaccine. COVID-19 has severe health risks, and you can get it again. You must wait until you have recovered from COVID-19 to be vaccinated.
If I get vaccinated, can I stop wearing my mask?	Vaccinations bring us a step closer to ending the pandemic. However, it is still important to keep wearing a mask over your mouth and nose, wash your hands often, and stay at least 6 feet away from other people. Health authorities will let us know when it is safe to change our safety protocols.

Visit these websites for the latest information:

- Centers for Disease Control and Prevention (CDC) Coronavirus 2019: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/janssen-covid-19-vaccine-frequently-asked-questions>



COVID-19 Vaccine Myths & Facts

Myth	Fact
Myth: mRNA vaccines change your DNA.	According to the CDC, mRNA vaccines give your cells instructions to make copies of a harmless protein that is unique to the COVID-19 virus. Your body then builds immune responses to that protein, so your body remembers how to fight the virus. The mRNA does not go into the part of the cell where DNA is kept. It cannot change your genetic makeup, and it does not interact with your DNA in any way.
Myth: The government is implanting a tracking chip via the vaccine.	There are many false claims that the vaccines contain a microchip. In addition to the active ingredients (mRNA for Pfizer and Moderna and inactivated virus for J&J), the vaccines may contain small amounts of fats to protect the active ingredient prior to injection, sugars to keep it from clumping, salts to help match it to the environment of the human body, and substances that prevent contamination. These ingredients are common to most vaccines. There is an option, not currently used in the US, to place an RFID chip on the outside of the syringe. This chip only indicates when and where the vaccine is given. It is not inside the syringe, it is not in the vaccine, and it is not injected into the body. This RFID technology is already widely used in hospitals and pharmacies.
Myth: The vaccine will give you COVID-19 or spread the virus.	You cannot get COVID-19 from mRNA vaccines. They do not contain the live virus, so you cannot spread the virus after receiving the vaccine.
Myth: The vaccine causes infertility in women.	Based on current science, experts believe that COVID-19 vaccines are safe for people who want to become pregnant in the short or long term. Also, a vaccine cannot be approved if it does not follow established safety rules. A vaccine must wait at least two months after the last shot is given during the clinical trial before it can be approved. This is so it can be monitored for safety. People who were in a clinical trial will be monitored for long-term side effects for at least two years.
Myth: Safety rules were bypassed to develop the vaccine quickly.	Operation Warp Speed (OWS) is a federal program that has been working to make a COVID-19 vaccine available as soon as possible. OWS provides federal resources and funding to help develop the vaccine faster. It also has strict rules to make sure the vaccines are safe and that they work. Vaccine supplies were available quickly because manufacturers began making the vaccines before the FDA gave them emergency use authorization. The clinical studies were not skipped or shortened.
Myth: mRNA technology is too new and not proven.	The National Institutes of Health state that research on mRNA technology began in the early 1990s with testing in animals. It has been studied for use in vaccines, including on humans, over the last ten years.
Myth: It is better to take your chances and just get COVID-19.	It is true that most people who have COVID-19 have mild symptoms and recover. However, COVID-19 can cause serious health risks, and some people still have symptoms months after they are infected. Also, some early research shows that natural immunity may not last long. The COVID-19 vaccine is a safer way to build immunity with fewer health risks. It will also help end the pandemic as quickly as possible.
Myth: People who are pro-life should be concerned about the way the vaccine was developed.	The United States Conference of Catholic Bishops have stated that the Pfizer and Moderna vaccines are morally acceptable. ¹ The President of the Baptists Ethics and Religions Liberty Commission stated Christians will not act unethically if they receive a COVID vaccine. ² The Ethics and Public Policy Center states the "production and use of any of the vaccines do not contribute to, cooperate with, or promote any abortion." ³ Finally, the Christian Medical and Dental Associations write, "The absence of any completely untainted ethical choice triggers the ethical principle that in such cases, an individual may in good conscience receive a vaccine in spite of the abortion connection when the good of protecting oneself and others from harm arising from vaccination outweighs the harm arising from the abortion connection." ⁴

1. <https://www.usccb.org/resources/moral-considerations-regarding-new-covid-19-vaccines>
2. <https://www.baptistpress.com/resource-library/news/despite-ethical-questions-moore-says-taking-latest-vaccine-morally-right/>
3. <https://eppc.org/news/statement-from-pro-life-catholic-scholars-on-the-moral-acceptability-of-receiving-covid-19-vaccines>
4. <https://cmda.org/article/ethical-vaccines-ready-for-a-shot-in-the-arm>