

# COVID-19 VACCINATION

MYTHS vs FACTS



**DISCLAIMER:** This material has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

WORLDWIDE REACH. HUMAN TOUCH.

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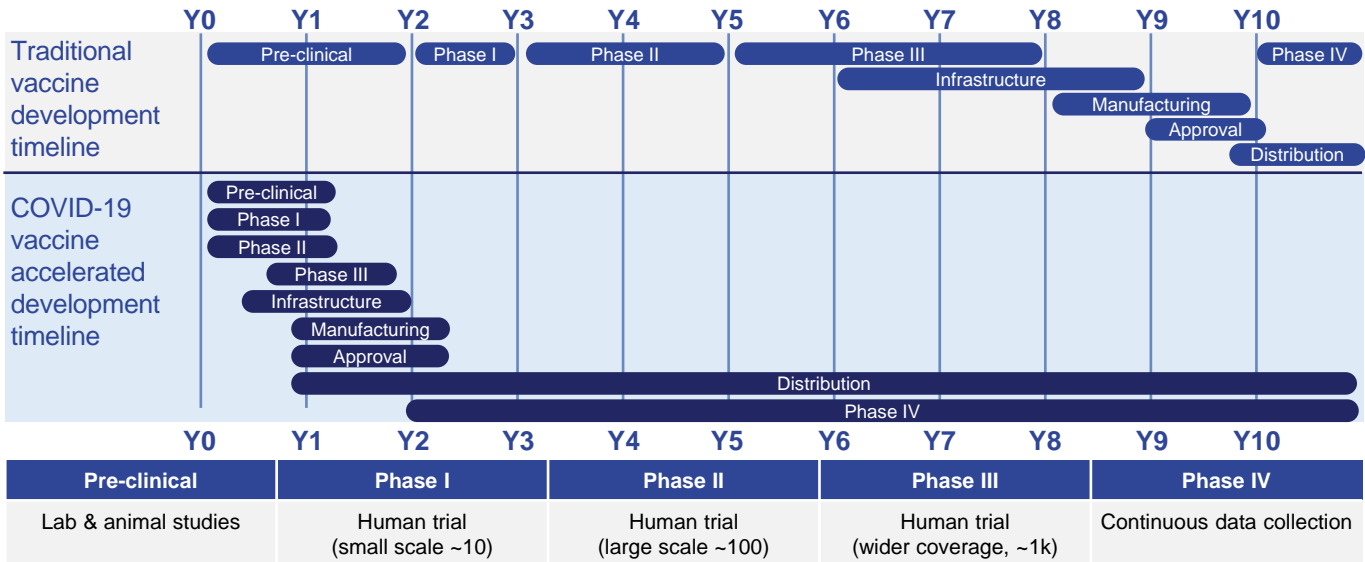
# MYTH

COVID-19 vaccines are not safe because they were developed so quickly.

# FACT

The **COVID-19 vaccines with published Phase 3 trial results are safe** and have been approved or are in the process of being approved by regulatory authorities in many countries. Millions have now been vaccinated. Reports of serious side effects have been very rare and no long-term complications reported after around 6 months of follow up so far.

The worldwide impact of this pandemic has caused the pharmaceutical industry to invest heavily in researching and producing COVID-19 vaccines. As illustrated below, several phases were conducted in parallel, thus shortening the overall development timeline. **No shortcut was taken**; every vaccine candidate had to go through the **strict process of clinical trials and safety reviews** by respective global and/or sovereign national regulatory authorities.



Source: WHO | What we know about COVID-19 vaccine development | October 2020

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## MYTH

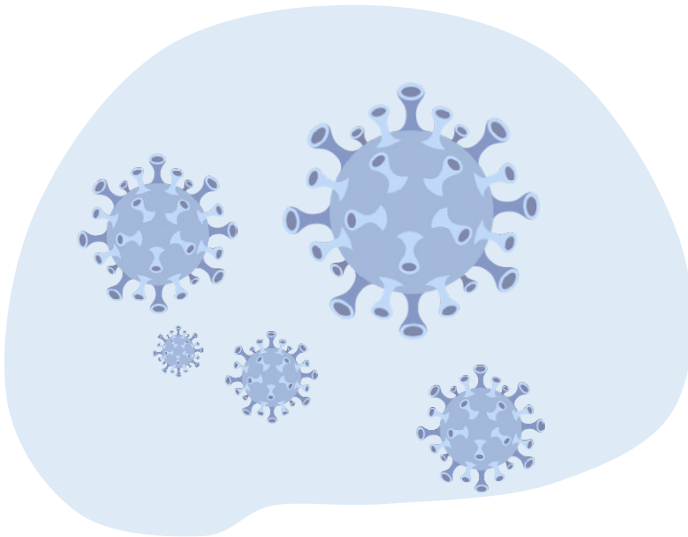
You can get COVID-19 from the vaccines.

## FACT

For viral diseases to set in, live virus needs to be able to make enough copies of itself in the body. **None of the currently authorised COVID-19 vaccines contains live replicating virus\***, and therefore you cannot get COVID-19 through being vaccinated.

You might experience mild flu-like symptoms after the injection such as fatigue, body aches and fever. It is a normal reaction of your immune system to the vaccine and generally will stop after two or four days.

\*applicable to approved COVID-19 vaccines by relevant regulators/ commercialised as of February 2021



## MYTH

I have already had COVID-19 so I don't need to be vaccinated.

## FACT

Most authorities advise even people who have had COVID-19 infection to be vaccinated, although you may be advised to wait for at least 90 days after your infection. **Speak to your doctor for an individual recommendation.**

We do not yet know how long the protection from your immunity developed by a COVID-19 infection will last. For some approved vaccines, it has been shown the immunity is more powerful than through natural infection. Having a shot after a naturally-acquired infection has been shown to boost the antibody response as much as 1,000 fold. Further, the boosted immune system from a vaccine may ensure longer lasting protection, although this is still being studied.



## MYTH

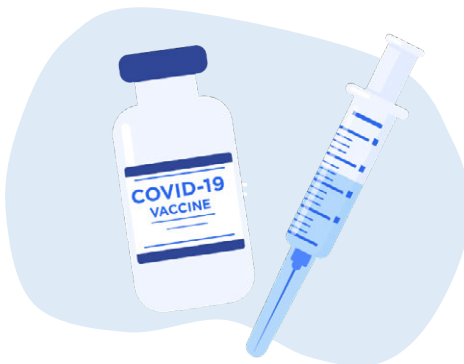
The fatality rate of COVID-19 is so low, so I do not need to be vaccinated.

## FACT

**Vaccination is important even though most people infected with COVID-19 do not die.** Vaccination **protects yourself, your family, colleagues and your community.** They reduce your risk of severe infection and hospitalisation.

COVID-19 is more severe than flu both in terms of the death rate and with respect to long-lasting health effects (“long-COVID-19”). People who are vaccinated are also probably less likely to transmit the disease. When the majority of the population are vaccinated it will protect the community, including the vulnerable and those who cannot be vaccinated.

While **vaccination is voluntary**, all who are medically eligible are **encouraged to be vaccinated.**



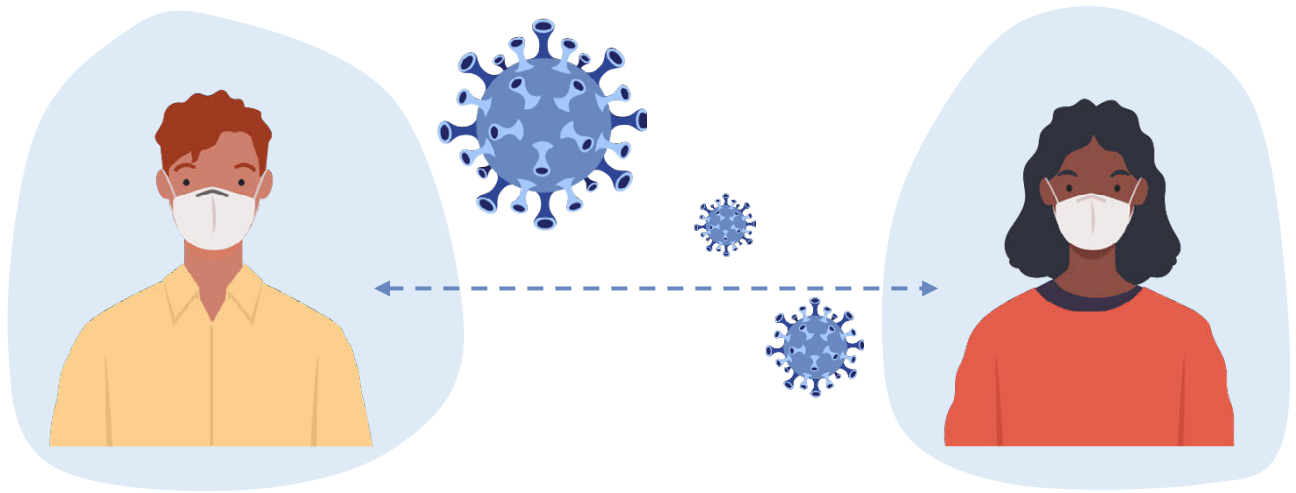
## MYTH

There is no need for mask wearing and social distancing after receiving COVID-19 vaccination.

## FACT

While vaccines are effective, they do not stop every case of COVID-19 infection and transmission.

Therefore, everyone must remain cautious and for now **continue to wear masks, practice social distancing and observe enhanced hygiene routines.**



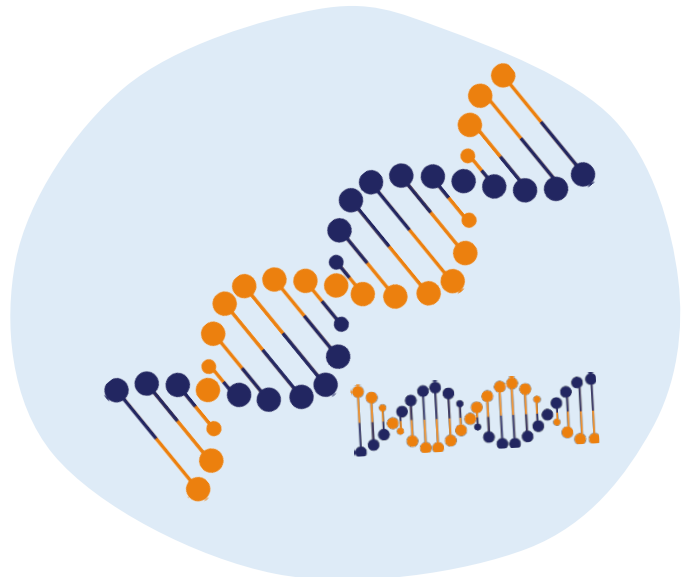
**MYTH**

The vaccine will alter my DNA.

**FACT**

Two of the first COVID-19 vaccines approved for emergency use are mRNA (messenger RNA) vaccines. Upon injection, mRNA vaccines will instruct the cells in the host body to produce the viral protein that triggers an immune response against COVID-19 virus in the body.

**mRNA does not insert itself into the host body's DNA, thus it does not alter your gene DNA** (it cannot be transmitted to the next generation). The mRNA vaccine will naturally degrade & be eliminated after being used in the host body within 48 – 72 hours.



## MYTH

People with underlying conditions should not be vaccinated.

## FACT

Most people with an underlying health condition can still be vaccinated. There are a few people who are not recommended to receive the vaccine.

**Follow the local health authorities' guidelines** in determining your medical eligibility and **speak to your doctor** for an individual recommendation.





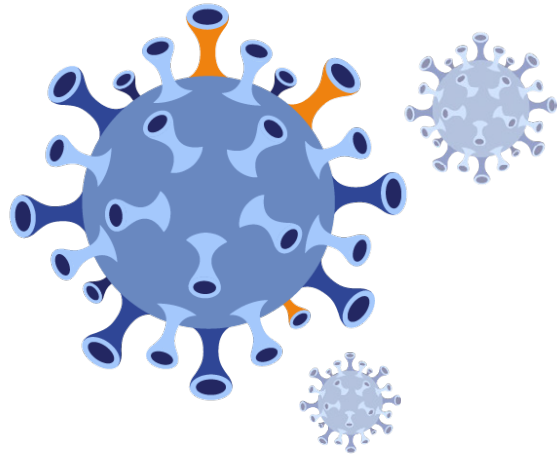
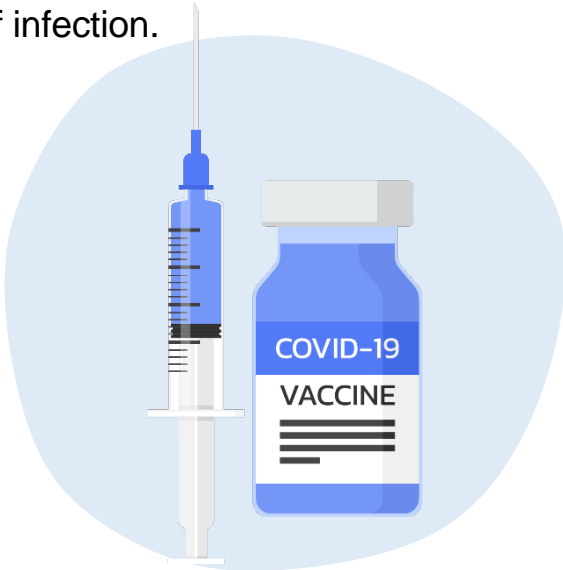
## MYTH

COVID-19 vaccines are not effective against the new variants.

## FACT

Experts are watching this very carefully. So far, some of the current vaccines are still effective, while others are not recommended for certain variants. If a change in vaccine needs to be made, the vaccines can be quickly adjusted for new strains, in a similar way that flu vaccines are adjusted each year. Manufacturers are now working on new booster shots against some variants.

It is important to **be immunised as soon as possible when the vaccine is offered to you**, and continue to practice preventive measures to break the chain of infection.



Source:

Reuters | Drug makers expect tests to confirm vaccines effective against new coronavirus variant | December 2020

Bloomberg | Vaccine Makers Preparing for Mutant Coronavirus Strains | December 2020

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## MYTH

Severe side effects of the COVID-19 vaccines are common.

## FACT

Minor expected side effects, such as a sore arm at the injection site and a mild fever, are common. Reports of serious side effects are very rare.

Discomfort usually subsides after two to four days. Side effects may be more pronounced after the 2<sup>nd</sup> vaccine dose. In published results of Phase 3 trials to date, there is no difference in serious adverse effects between placebo injection and the COVID-19 vaccines.



Source: CDC | What to expect after getting a COVID-19 vaccine | January 2021

### COMMON SIDE EFFECTS

Pain and/or swelling at the site of injection

Fever

Chills

Fatigue

Headache

Muscle/joint pain

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