

LIVING WELL

Healthy, Safe and Connected

COVID-19 VACCINE FACTS AND MYTHS



INFORMATION AND RESOURCES TO KEEP YOU HEALTHY, SAFE AND CONNECTED

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Join us
EVERY WEDNESDAY for



where we talk with experts and self-advocates about important topics including the COVID-19 vaccine and what you can do to stay safe.



Getting the vaccine will help slow the spread of COVID-19 and make it safer for you to be in your community. Most people can safely get the vaccine as soon as it is available to them. Here are some reasons why the Centers for Disease Control (CDC) might think its a good idea to wait before getting the vaccine.

If you...	then the CDC thinks you should....
Got treatment for COVID-19 with “antibodies”	Wait 90 days after the treatment to get the COVID-19 vaccine.
Got a vaccine for something other than COVID in the last 14 days	Wait 14 days after the vaccine to get the COVID-19 vaccine.
Got a positive test for COVID-19 or a doctor told you that you had COVID-19	Wait 90 days after your last COVID-19 symptom to get the COVID-19 vaccine.
Got exposed to someone who had COVID-19	Wait until your quarantine period ends to get the COVID-19 vaccine.
Don’t feel well	Wait until you don’t have any more symptoms to get the COVID-19 vaccine.
Know that you are allergic to something in the COVID-19 vaccine	Talk to your doctor before planning to get the COVID-19 vaccine.
Have a really bad allergic reaction to the first dose of the COVID-19 vaccine	Talk to your doctor before planning to get the second dose of the COVID-19 vaccine.
Are pregnant or breastfeeding	Talk to your doctor before planning to get the COVID-19 vaccine.
Are younger than 16 years old	Talk to your doctor before planning to get the COVID-19 vaccine.

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About the COVID-19 Vaccine

It is OK to have a lot of questions about the vaccine and there is still a lot we do not know, but here are some answers to common questions about the vaccine.

What is the COVID-19 vaccine?

It is medicine that helps you to not get sick from COVID-19. You get this medicine by getting two shots in your arm three or four weeks apart. You need both shots for the medicine to work. After that, you might have to get a shot every year.

Is the COVID-19 shot safe?

The shot was tested with many thousands of people to make sure it is safe. These people were different ages and races and they had different health problems. Most people did not have any serious reactions to the vaccine.

Why should I get the COVID-19 shot?

Getting the shot can keep you from getting sick with COVID-19. If you do get the virus, you won't get sick from it. After a lot of people get the shot, we can go back to our activities and start seeing people again.



Who should get the COVID-19 shot?

Almost everyone should be able to get the shot. People with disabilities are at higher risk for getting sick from COVID-19. It is important that people with disabilities, their families, and their support staff get the COVID-19 shot so everyone is protected. Check the chart on Page 1 if you are wondering if its safe for you.

Who will pay for my COVID-19 shot?

The government is paying for the vaccine. There might be a fee to your insurance, but you will not have to pay anything to get the shot.

Where can I get the COVID-19 shot?

The plan for giving shots is being made right now. Your doctor or clinic should be able to tell you how you get a shot. You can ask your public health office how you can get the shot. This link will help you find your public health office: <https://www.dhs.wisconsin.gov/lhdepts/counties.htm>

If you live in a licensed facility (nursing home, assisted living) you can check to see if your facility is scheduled to receive the vaccine and you will be able to receive the vaccine right where you live. Email dhscovidvaccinator@wi.gov to get information about the place you live.

How will I feel if I get the shot?

You get the shot in your arm with a needle. It is quick and easy. Your arm might be a little red or hurt after you get the shot. You might get a fever, feel tired, have a headache, or have aches and pains. This is normal and will last a day or two. It is a lot like what you might feel after a flu shot.

When should I get the COVID-19 shot?

You should get a shot as soon as it is available to you. It may take 9 to 12 months for everyone in Wisconsin to get the shot. The State of Wisconsin has a plan for who gets the shot first. Healthcare workers, first responders, people in nursing homes, and essential workers will get the shot first.

Should I get the shot if I already had COVID-19?

Talk to your doctor about this. People who have had the virus can get sick again. Experts are still learning about the virus and the shot. Your doctor should know the newest information.

Will I still need to wear a mask, social distance, and wash my hands after I get the vaccine?

Yes. It is important for everyone to do these things until doctors learn more about the COVID-19 vaccine. Wearing a mask, social distancing and washing hands will also help protect you from other viruses like the flu.



Get the up to date information on the vaccine from DHS at <https://www.dhs.wisconsin.gov/covid-19/vaccine.htm>

Busting the Myths about the COVID-19 Vaccine

Myth: The COVID-19 vaccine is not safe because it was made too fast.

Fact: The government gave a lot of money to companies to make the vaccine. These companies used this money for experts and doctors to do research and testing to make the vaccine. The vaccine was tested on more than 30,000 people. The companies had to watch how these people were doing to see if they had any health problems after getting the vaccine. The government agency that watches over companies that make medicines (called the Food and Drug Administration or “FDA”), had experts look at the vaccines and the research. The FDA found the vaccine safe.

Myth: There are bad side effects from COVID-19 vaccines.

Fact: Some people get side effects from the vaccine but most of the side effects are not bad. Some people might have pain in their arm where they get the shot. Some people might feel tired or get a headache, chills, fever, or body aches that last for a day or two. These side effects do not mean you are sick with COVID-19. It means your body is getting ready to protect itself from COVID-19.

Myth: More people will die of side effects from the COVID-19 vaccine than the number of people who die from the virus.

Fact: Dying from a vaccine (including the COVID-19 vaccine) is very rare. Vaccines are some of the safest medical products people get.

Myth: If you have had COVID-19 already, you do not need to get vaccinated.

Fact: Medical experts are not sure how long people are protected (or have “antibodies” to fight the virus) after they get COVID-19. It could be weeks, months or longer. Because no one knows for sure, people who have had COVID-19 should still get the vaccine to be protected. The CDC recommends waiting 90 days after having COVID-19 to get the vaccine.

Myth: Once you get the vaccine, you are immune for life.

Fact: Medical experts do not know yet how long the vaccine will keep people from getting sick. Experts are researching this now. People might have to get the vaccine ever year, just like the flu vaccine. Most protection from a vaccination do not last a lifetime.

Myth: You can stop wearing a mask after you get vaccinated.

Fact: It takes a several weeks for the vaccine to start working after someone gets it. The vaccine is only one way to help stop the virus from going from one person to another. People need to wear masks until everyone is vaccinated. Experts will tell people when it is safe to stop wearing masks. This will take many more months. You should keep wearing your mask, staying at least six feet apart from others, and washing your hands.

Myth: The vaccine has the coronavirus in it and will make people sick.

Fact: The vaccine does not use the live virus that causes people to get sick from COVID-19. The vaccine works by training the body to be able to tell when the virus is in your body. The body sees the virus and fights it after getting the vaccine. Some people get side effects from the vaccine, but this does not mean they are sick with COVID-19.

Myth: The vaccine will change the body's genetics or "DNA."

Fact: Some of the vaccines use new ways to get the body to fight the virus. They do this by using part of the body's genes called mRNA. mRNA tells the body how to react to a virus or infection. This does not change peoples' genetics or DNA. Experts have found the vaccine safe.

Myth: You do not need to get both shots of the two-shot vaccines.

Fact: Some of the vaccines are given in two shots. People need to get both shots for the vaccine to work. The first shot helps the body build the protection against the virus. The second shot gives the body more ability to fight the virus. You need both shots to have the best protection. There might be other shots coming that only need one shot but those are not ready yet.

Myth: If you got the flu shot, you do not need a COVID-19 vaccine.

Fact: The flu and COVID-19 are two different viruses. The flu vaccine fights the flu virus. The COVID-19 vaccine fights the COVID-19 virus. So, the flu shot will not help fight the COVID-19 virus. It is important to get both vaccines to stay healthy.

