



COVID-19 Vaccine: Myths and Facts

As doses of COVID-19 vaccines are being distributed around the community, I wanted to clarify the myths that are circulating on the vaccine. It is my priority to give our students and families reliable information about the COVID-19 vaccine and to clear up any confusion. As the school nurse, it is my responsibility to send information that will keep our students and families healthy during this pandemic. When deciding whether to get the vaccine, it is important to separate myths from facts.

- Myth ✘:** Researchers rushed the development of the COVID-19 vaccine, so its effectiveness and safety cannot be trusted.

Fact ✔: The vaccine is proven safe and effective. Although it was developed in record time, it has gone through the same rigorous Food and Drug Administration process as every other vaccine, meeting all safety standards.
- Myth:** If I've already had COVID-19, I don't need the vaccine.

Fact: People who have gotten sick with COVID-19 may still benefit from getting vaccinated. Due to severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 vaccine even if possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.
- Myth:** Getting the COVID-19 vaccine means I can stop wearing my mask and taking coronavirus precautions.

Fact: Individuals who get the COVID-19 vaccinations still need to practice infection prevention precautions. Keep your mask on, and continue staying at least 6 feet from people outside your household, until further notice. Vaccines do not stop viruses from entering the body; they only prevent you from getting moderate to severe COVID-19.
- Myth:** Getting the COVID-19 vaccine gives you COVID-19.

Fact: The COVID-19 vaccine cannot and will not give you COVID-19. The two authorized mRNA vaccines instruct your cells to reproduce a protein called that is part of the SARS-CoV-2 coronavirus, which helps your body recognize and fight the virus, if it comes along. The protein that helps your immune system recognize and fight the virus does not cause infection of any sort.
- Myth:** The COVID-19 vaccine was developed with or contains controversial substances.

Fact: The first two COVID-19 to be authorized by the FDA contain mRNA and other, normal vaccine ingredients, such as fats (which protect the mRNA), salts and as well as a small amount of sugar. These COVID-19 vaccines were not developed using fetal tissue and they do not contain any material, such as implants, microchips or tracking devices.

Sincerely,
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Vacuna COVID-19: Mitos y Realidades

A medida que se distribuyen dosis de las vacunas COVID-19 en la comunidad, quería aclarar los mitos que circulan sobre la vacuna. Es mi prioridad darles a nuestros estudiantes y familias información confiable sobre la vacuna COVID-19 y aclarar cualquier confusión. Como enfermera de la escuela, es mi responsabilidad enviar información que mantendrá a nuestros estudiantes y familias saludables durante esta pandemia. Al decidir si debe vacunarse, es importante separar los mitos de los hechos.

- Mito ✘**: Los investigadores se apresuraron a desarrollar la vacuna COVID-19, por lo que no se puede confiar en su eficacia y seguridad.

Realidad ✔: La vacuna ha demostrado ser segura y eficaz. Aunque se desarrolló en un tiempo récord, ha pasado por el mismo proceso riguroso de la Administración de Alimentos y Medicamentos que cualquier otra vacuna, cumpliendo con todos los estándares de seguridad.
- Mito**: Si ya tuve COVID-19, no necesito la vacuna.

Realidad: Las personas que se han enfermado con COVID-19 aún pueden beneficiarse de la vacunación. Debido a los graves riesgos para la salud asociados con COVID-19 y al hecho de que la reinfección con la vacuna COVID-19, incluso si es posible, se puede recomendar a las personas que se vacunen contra el covid-19 incluso si han estado enfermas con COVID-19 antes.
- Mito**: Recibir la vacuna COVID-19 significa que puedo dejar de usar mi máscara y tomar precauciones contra el coronavirus.

Realidad: Las personas que reciben las vacunas COVID-19 aún deben tomar precauciones para prevenir infecciones. Mantenga su máscara puesta y continúe al menos a 6 pies de personas fuera de su hogar, hasta nuevo aviso. Las vacunas no impiden que los virus ingresen al cuerpo; solo evitan que usted contraiga COVID-19 de moderado a grave.
- Mito**: Recibir la vacuna COVID-19 le da COVID-19.

Realidad: La vacuna COVID-19 no puede y no le dará COVID-19. Las dos vacunas de ARNm autorizadas instruyen a sus células a producir una proteína llamada que forma parte del coronavirus SARS-CoV-2, que ayuda a su cuerpo a reconocer y combatir el virus, si aparece. La proteína que ayuda a su sistema inmunológico a reconocer y combatir el virus no causa infección de ningún tipo.
- Mito**: La vacuna COVID-19 se desarrolló con sustancias controvertidas o las contiene.

Realidad: Los dos primeros COVID-19 autorizados por la FDA contienen ARNm y otros ingredientes normales de las vacunas, como grasas (que protege el ARNm), sales y una pequeña cantidad de azúcar. Estas vacunas COVID-19 no se desarrollaron utilizando tejido fetal y no contienen ningún material, como implantes, microchips o dispositivos de rastreo.

Sinceramente,

Karla Iribe