

# Should you get the COVID-19

## Vaccine? **Yes! Almost everyone should get the vaccine.**

There's a lot of misinformation out there around the COVID-19 vaccine, and it can be hard to tell fact from fiction. Here's what we know.

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**Fiction:** Health Canada rushed to approve the vaccine. It hasn't been properly tested, and we don't know if it's safe.

 **Fact:** Health Canada's vaccine safety program is second to none, and their strict safety, efficacy and quality testing weren't compromised to get the COVID-19 vaccine out more quickly. Instead, time was saved by shortening the administrative and organizational processes for approval.

**Fiction:** The vaccine can give you COVID-19.

 **Fact:** The vaccine doesn't use the live virus that causes COVID-19, and, as a result, can't give you COVID-19. Instead, any potential side effects are the result of the injection itself, or your immune system creating antibodies to COVID-19.

**Fiction:** The side effects can be dangerous.

 **Fact:** Most people don't experience any side effects at all. As with any vaccine, some people (less than 10%) will experience mild to moderate symptoms such as pain from the injection, fatigue and headache. These are expected and should resolve in a few days. In very rare cases, allergic reactions can occur, but these are usually temporary and can be treated.

**Fiction:** The mRNA in the vaccine can change your genetic makeup (DNA).

 **Fact:** This is not true. Humans can't convert mRNA into DNA. We don't have the enzymes. Actually, our body has enzymes that destroy mRNA.

**Fiction:** People who have had COVID-19 are immune and don't need the vaccine.

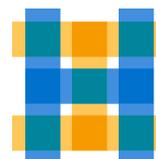
 **Fact:** It is still recommended that people who have had COVID-19 and recovered get vaccinated. There is evidence that re-infection is possible and that natural immunity may not last very long.

**Fiction:** Since you still need to follow public health measures like wearing a mask and physical distancing even if you get the vaccine, there's no point.

 **Fact:** The vaccine is up to 95% effective. That means there's still a chance someone can be infected with COVID-19 after being vaccinated. As a result, it's very important that people still continue to practice public health measures to help stop the spread of COVID-19. That includes masks, hand washing and physical distancing. For health care workers, it also means wearing PPE when working. We need to keep these measures in place until a high proportion of the population is protected. So, let's all do our part!

**For more information, visit:**

- 19 to Zero
- Ottawa Public Health
- City of Toronto
- Centre for Effective Practice
- North York Toronto Health Partners (NYTHP) vaccine webinar



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