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## COVID-19 MYTHS AND FACTS

As we return to more face-to-face working, myths about COVID-19 vaccination—and what it means for the workplace—are running wild. We'll help you separate fact from fiction.

1

### **MYTH** You can get COVID-19 from the vaccine.

#### **FACT**

The vaccine does not carry the virus, even in a weakened or inactivated state, so it cannot cause COVID-19.

While different vaccines use distinct ways of triggering your immune system, none includes the complete virus. The vaccines provide your cells just enough information to begin producing antibodies that fight against any future infection.

2

### **MYTH** Once a person is vaccinated, they no longer need to wear a mask or take other precautions.

#### **FACT**

Vaccines do not prevent the virus from entering your body—they only help you avoid a severe infection. What's more, scientists are still researching whether a vaccinated person can spread the virus to others. So it's important to keep taking prevention steps until the guidelines change.

3

### **MYTH** Some people have received positive viral test results from being vaccinated.

#### **FACT**

While it's true that some people have tested positive on a viral test after being vaccinated, it was because they caught COVID-19 another way—not from the vaccine. The virus may have been incubating in their system when they received the vaccine or they may have been infected even after being fully vaccinated, as the vaccine does not prevent the virus from entering your body (see previous myth).

4

### **MYTH** People who have already had COVID-19 don't need to vaccinate.

#### **FACT**

Even those who have had COVID-19 can still benefit from the vaccine. Doctors don't yet know how long the immunity someone gains from having an infection may last, and it's likely to vary from person to person. Early evidence suggests that it may not last very long. What's more, you may not be immune to other variations of the virus that are circulating.

5

### **MYTH** The federal government cannot mandate the vaccine.

#### **FACT**

While the U.S. government does not require any vaccinations at the federal level, state and local governments and employers can mandate COVID-19 vaccination, just as many already states mandate vaccines for school-aged children and businesses are allowed to require flu vaccines.

