

COVID-19 Myth Busters

Here are some myth busting facts to help you get the information you need to stay safe. Let's stick with the facts, stick together and learn more.

MYTH: The COVID-19 vaccines are not safe.

FACT

The vaccines approved for use in Canada are safe and effective. They have been rigorously tested and meet all safety standards by Health Canada. Canada is recognized around the world for high standards for vaccine review, approvals, and monitoring systems. No steps were skipped. The vaccines cannot give you COVID-19 because they don't contain the virus that causes it. The vaccines cannot change your DNA.

MYTH: The COVID-19 data cannot be trusted.

FACT

COVID-19 was a new virus, never seen before 2019. Early in the pandemic, public information about COVID-19 was changing often as physicians and scientists conducted research and learned about the new virus; public health recommendations were updated to reflect what was learned. This led some people to be concerned with the reliability of the data and information. Now, more than a year after the virus was discovered, we know more about it and our data is increasingly reliable.

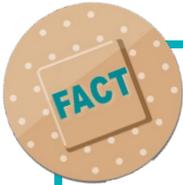
MYTH: There are no long term effects to COVID-19.

FACT

Some people who have had COVID-19, whether they have needed hospitalization or not, continue to experience symptoms, including fatigue, respiratory and neurological symptoms. These long lasting symptoms have been termed "long COVID-19" and are being closely studied in Alberta, and around the world.

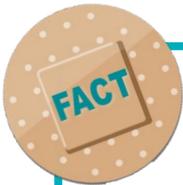


MYTH: I was already diagnosed with COVID-19. I don't need a vaccine.



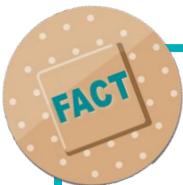
There's evidence that you can still benefit from the vaccine, even if you have already had COVID-19. At this time, we simply don't know how long someone is protected from getting sick again after recovering from COVID-19. Some early evidence suggests natural immunity may not last very long.

MYTH: Are there religious reasons to not get the COVID-19 vaccine?



Many faith leaders around the world have spoken about the moral duty of their faith communities to be immunized, to help protect their friends and neighbours. The COVID-19 vaccines that are approved in Canada are from Pfizer-BioNTech, Moderna, AstraZeneca and Janssen do not contain gelatin or pork products. Benefits to family, friends and the community should be strongly considered.

MYTH: The COVID-19 vaccine can cause infertility in women, and is dangerous for pregnant women and their babies.



Although research on [pregnancy](#) is limited (most new drugs and vaccines exclude pregnant women from initial clinical trials), many pregnant women have been vaccinated and there is no suggestion that there is any safety issue for COVID-19 vaccines in pregnancy. Likewise there is no indication that the COVID-19 vaccine can cause infertility.

Have you heard a myth about COVID-19 that you want to fact check? Check out our myth busting tool on [Together4Health](#). Post your comment under and an AHS expert will provide accurate, up-to-date information to validate or [debunk](#) your post as fact or fiction. You can find answers to commonly asked questions on our [public](#) and [staff](#) FAQs. For more information about COVID-19 see www.ahs.ca/covid.

