

As a physician, I received the COVID-19 vaccine and strongly recommend my colleagues and patients do as well!



1. I've already had COVID, so I don't need it.

- Unknown how long natural immunity lasts.
- Multiple strains of COVID and cases of people contracting twice.
- The vaccine has proven effective against multiple known strains.

2. I fear it'll give me COVID/I don't understand mRNA vaccines.

- Messenger (m)RNA vaccines cannot give you COVID, and do not contain a live virus.
- Does not affect DNA; mRNA does not enter cell nucleus.
- mRNA contains a blueprint on how to make the coronavirus spike protein. The protein is released into the body and the body then makes antibodies against it. mRNA then breaks down and is disposed of.
- Analogy: Vaccine sends an email to cells with instructions to copy a small piece of the coronavirus. This action prompts our bodies to make antibodies to fight COVID-19. The email is then deleted.

3. Are the vaccines safe?

- Most people do not have serious problems after getting vaccine.
- The vaccine is expected to produce side effects, especially after 2nd dose. These can be indicators that it is working.
- Arm may be sore, red, or warm to the touch. Symptoms usually go away within a week. Some people report headache, fever, fatigue, or body aches after getting vaccine. No significant safety concerns identified in clinical trials.

4. I don't want to be a guinea pig for communities of color.

- First two mRNA vaccines that received emergency FDA authorization tested in diverse group of people. About 30% of U.S. participants were Hispanic, African American, Asian, or Native American. About half were older adults. No significant safety concerns identified in these or any other groups.

5. I want more people to get it first.

- Over 22 million Americans already received the vaccine, mostly physicians and other healthcare professionals.
- "I recommend you get the vaccine as my colleagues and I also received it."

6. What about long-term data?

- CDC will continue to monitor and address any rare long-term side effects. But COVID19 would be worse than vaccine.
- At least 8 weeks of safety data were gathered in trials. It is extremely unusual and unlikely that side effects appear more than 8 weeks after vaccination.

7. The vaccine was developed too fast.

- While the vaccine was developed quickly, no "corners were cut."
- mRNA technology was developed in the 1990's, it is not new.
- Over 70,000 Americans were part of clinical trials. The vaccines were manufactured while conducting clinical trials to speed up process, however, were still subjected to same rigorous FDA testing as all other vaccines.

8. I fear it will affect my pregnancy/ability to get pregnant.

- The vaccine does NOT cause infertility.
- Recommend enrollment in CDC's v-safe program to receive information as soon as available.



Card Information
Last Updated: 1/29/2021

For more recent info,
please scan the QR code.