



# Common worries about COVID-19 vaccines

This is the most up to date information as of March 2021, and it will be updated as needed. This has been reviewed by doctors and is medically accurate.



## Vaccine trial safety

COVID-19 vaccine research got a lot of money, quickly, from many different countries. **No steps were skipped to make the vaccine.** COVID-19 vaccine trials had **30,000 to 45,000 people** so we have a lot of information.



## Side effects

**Most people have no side effects** from the vaccines. Some people get pain at the injection site, tiredness, headache, muscle/joint pain, fever, or chills (like with other vaccines). Very few people may get an allergic reaction. **Other side effects are rare; Health Canada will keep checking for any long-term side effects.**



## mRNA vs. DNA

**The Pfizer-BioNTech and Moderna vaccines will not change your DNA.** These vaccines use a substance called messenger RNA (mRNA). The mRNA has the instructions to make a protein found on the virus. This alerts your body to make antibodies, which then attack this protein and kill the virus. The antibodies stay in our body, the **mRNA does not.**



## Keep wearing masks

**You will still need to wear a mask and social distance after getting the vaccine.** There is a small chance you can still get sick from COVID-19 or give COVID-19 to other people even after getting the vaccine.



## Pregnancy and babies

**The vaccines do not affect pregnancy.** The antibodies made by the vaccine attack the virus, not your body. We have information from people who had COVID-19 and were pregnant that this does **not affect fertility or cause a miscarriage in the future.**



## No microchip

**The vaccines do not put a chip in our bodies.** There are no tiny computers, microchips, or tracking devices in the vaccines. **They cannot track people or get personal information about someone who got the vaccine.**



## Ingredients

The ingredients in the vaccines are safe – there are **no blood products, mercury, fetal cells, pork, animal products, aluminum, or formaldehyde.**



## Previous COVID-19 infection

**You should still get the vaccine even if you have had COVID-19.** You may get sick again with COVID-19 because we do not know how long you have antibodies for after an infection.

If you are unsure about what you read, check with your family doctor or nurse practitioner.

**You can also visit the following Public Health websites for more information:**

1. <https://covid-19.ontario.ca/covid-19-vaccines-ontario>
2. <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines.html>

