

# COVID-19 Vaccine Information

Your choice to get vaccinated can have a positive impact for you, your family and our entire community.

Because of its importance, National Beef wants you to have facts from government experts about the COVID-19 vaccine, so you can make an informed decision about receiving the vaccine. If you haven't been vaccinated yet, [find a vaccine](#).

Included below are brief answers to commonly asked questions about the COVID-19 vaccine. This information is provided by the Centers for Disease Control and Prevention (CDC) and other government sources listed here:

## SOURCES:

- Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/>
- Missouri Department of Health and Senior Services: <https://covidvaccine.mo.gov/facts/>
- Kansas Department of Health and Environment: <https://www.coronavirus.kdheks.gov/284/COVID-19-Vaccine>

This information will be regularly updated as additional details are available. Please check back frequently for the latest information.

If you have questions about the vaccine for National Beef team members, please contact your human resources representative.



# COVID-19 Vaccine Information

## VACCINE SAFETY

### **NEW! WHO IS ELIGIBLE TO RECEIVE THE COVID VACCINE BOOSTER?**

As of October 27, the CDC [recommends](#) that anybody who has received the Pfizer-BioNTech, Moderna or Johnson & Johnson's Janssen vaccine should receive a booster shot. See below for information specific to each vaccine:

- The following groups of people who received the Pfizer-BioNTech or Moderna vaccine **at least 6 months** ago are eligible to receive the booster shot:
  - People aged 65 years and older
  - People aged 18 years and older, living in long-term care settings
  - People aged 18 years and older with [underlying medical conditions](#)
  - People aged 18 years and older who work or live in high-risk settings
- The following group of people who received the Johnson & Johnson's Janssen vaccine **at least 2 months** ago are eligible to receive the booster shot:
  - People aged 18 years and older

These recommendations only apply to people who previously received the COVID-19 vaccine. Additionally, people can talk to their healthcare provider about whether getting a COVID-19 booster shot is appropriate for them.

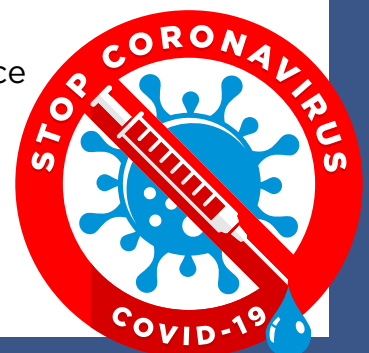
If you live in Missouri, the Missouri Department of Health and Senior Services [recommends](#) that a third dose of Pfizer-BioNTech COVID-19 vaccine be administered for certain individuals 16 years and older with moderate to severe immune compromise due to a medical condition or recipe of immunosuppressive medication or treatments.

### **NEW! WHEN CAN I GET A COVID-19 VACCINE BOOSTER IF I AM NOT IN ONE OF THE RECOMMENDED GROUPS?**

Currently, the CDC [recommends](#) waiting at least 6 months after receiving your second COVID-19 vaccine before getting the vaccine booster if you received the Pfizer-BioNTech or Moderna vaccines. If you received Johnson & Johnson's Janssen vaccine, the CDC recommends waiting at least 2 months to get your booster shot. The J&J/Janssen COVID-19 vaccine has lower vaccine effectiveness over time compared to mRNA COVID-19 vaccines (Pfizer-BioNTech and Moderna).

### **NEW! IF I GOT THE MODERNA VACCINE, DO I NEED TO GET A BOOSTER?**

Yes, the CDC [recommends](#) that if it has been at least 6 months since you received the Moderna COVID-19 vaccine and you are included in one of the eligible groups, you should get a booster shot.



# COVID-19 Vaccine Information

## VACCINE SAFETY

### **NEW! IF I GOT THE JOHNSON & JOHNSON VACCINE, DO I NEED TO GET A BOOSTER?**

Yes, the CDC [recommends](#) that if it has been at least 2 months since you received the Johnson & Johnson COVID-19 vaccine and you are aged 18 and older, you should get a booster shot. The J&J/Janssen COVID-19 vaccine has lower vaccine effectiveness over time compared to mRNA COVID-19 vaccines (Pfizer-BioNTech and Moderna).

### **NEW! DO I HAVE TO GET THE SAME VACCINE FOR THE FIRST AND SECOND DOSES? WHAT ABOUT THE BOOSTER?**

The first two doses of the COVID-19 vaccines are not [interchangeable](#). If you received a Pfizer-BioNTech or Moderna COVID-19 vaccine, you should get the same product for your second shot. However, the [booster shots](#) are now authorized to be mixed and matched. You may choose which COVID-19 vaccine you receive as a booster shot. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster.

### **NEW! ARE YOUNG CHILDREN ELIGIBLE FOR COVID-19 VACCINATION?**

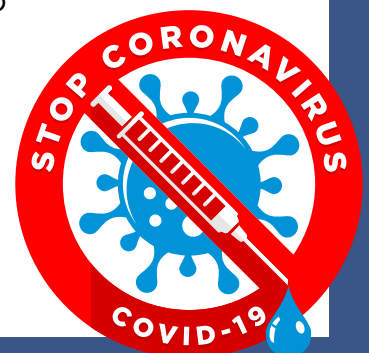
As of November 2, the CDC recommends that children 5 to 11 years old be vaccinated against COVID-19 with the Pfizer-BioNTech pediatric vaccine.

### **NEW! DO I NEED TO WAIT TO GET MY FLU SHOT AFTER GETTING MY COVID-19 VACCINE?**

The CDC says you do not have to wait 14 days between your [COVID-19 vaccine and flu shot](#).

### **NEW! SHOULD I GET A COVID-19 VACCINE?**

It is highly recommended that you get a COVID-19 vaccine. [COVID-19 vaccines are safe and effective](#). They were developed using science that has been around for decades. COVID-19 vaccines are not experimental. They went through all the required stages of clinical trials. COVID-19 vaccines have received and continue to undergo the most intensive safety monitoring in U.S. history. In fact, COVID-19 vaccines are a vital tool to help us end the pandemic. They also keep you from getting and spreading the virus that causes COVID-19 and can help keep you from getting seriously ill if you do get COVID-19. Getting vaccinated may also protect people around you.



# COVID-19 Vaccine Information

## VACCINE SAFETY

### **NEW! NOW THAT I HAVE RECEIVED THE VACCINE AND AM FULLY VACCINATED, WHAT SAFETY MEASURES WILL I NEED TO CONTINUE PRACTICING?**

[COVID-19 vaccines](#) are effective at protecting you from getting sick. [If you are fully vaccinated](#), you can resume activities that you did prior to the pandemic. You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if a member of your household has a weakened immune system, is at [increased risk for severe disease](#), or is unvaccinated.

To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of [substantial or high transmission](#).

Within National Beef Facilities, all employee, contractors and visitors are required to wear company-issued face mask while on National Beef property.

### **NEW! WILL I NEED TO RECEIVE A COVID-19 VACCINE BOOSTER?**

Yes, you will need to receive a COVID-19 vaccine booster. The [COVID-19 vaccines authorized in the United States](#) continue to be [highly effective](#) in reducing risk of severe disease, hospitalization, and death, even against the widely circulating [Delta variant](#). However, COVID-19 constantly evolves. Experts are looking at all available data to understand how well the vaccines are working, including how new variants, like Delta, affect vaccine effectiveness.

### **NEW! HOW LONG DO I NEED TO WAIT TO GET MY COVID-19 VACCINE BOOSTER AFTER RECEIVING MY SECOND SHOT?**

Additional individuals may be [recommended](#) to receive a booster shot as more information becomes available. The COVID-19 vaccines approved and authorized in the United States continue to be effective at helping prevent you from getting severely sick.

### **NEW! I'VE HEARD ABOUT COVID-19 VARIANTS. WHAT IS THE DELTA VARIANT? ARE THERE MORE?**

The [Delta variant](#) causes more infections and spreads faster than earlier forms of the virus that causes COVID-19. It might cause more severe illness than previous strains in unvaccinated people.



# COVID-19 Vaccine Information

## VACCINE SAFETY

- Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19, including this variant.
- Vaccines continue to be highly effective at preventing hospitalization and death, including against this variant.
- Fully vaccinated people with breakthrough infections from this variant appear to be infectious for a shorter period.
- Get vaccinated and wear masks indoors in public spaces to reduce the spread of this variant.

There are currently four (4) variants of concern in the U.S. Scientists monitor all [variants](#) but may classify certain ones as variants of interest, concern, or high consequence based on how easily they spread, how severe their symptoms are, and how they are treated.

### **NEW! AM I STILL CONSIDERED “FULLY VACCINATED” IF I DON’T GET A BOOSTER SHOT?**

[Yes](#). Everyone is still considered fully vaccinated two weeks after their second dose in a 2-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-shot vaccine, such as the J&J/Janssen vaccine.

### **AFTER RECEIVING THE VACCINE, HOW LONG DOES IT TAKE UNTIL I AM FULLY VACCINATED?**

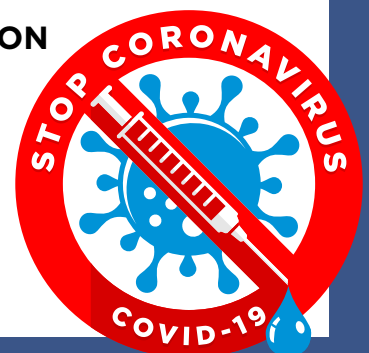
COVID-19 vaccines are effective at protecting you from getting sick. People are [considered](#) fully vaccinated:

- Two weeks after their second dose in a 2-dose series, like the Pfizer-BioNTech or Moderna vaccines
- Two weeks after a single-dose vaccine, like Johnson & Johnson Janssen vaccine

Even after you are fully vaccinated, you should still take steps to [protect yourself and others](#) in many situations, like wearing a mask in areas of high transmission and practicing proper hygiene.

### **I HAVE SEVERE ALLERGIES. WHERE CAN I FIND INFORMATION ON THE VACCINE INGREDIENTS?**

For a full list of ingredients for both the Moderna and Pfizer COVID-19 vaccines, please see each vaccine's Fact Sheet for Recipients and Caregivers:



# COVID-19 Vaccine Information

## VACCINE SAFETY

- [Pfizer-BioNTech COVID-19 vaccine](#)
- [Moderna COVID-19 vaccine](#)
- [Johnson & Johnson COVID-19 vaccine](#)

### **CAN I GET A VACCINE AT WORK?**

Please talk to H.R. about the opportunity to get your COVID-19 vaccine. We have partnered with various local health care providers and health care authorities to secure vaccine accessibility for National Beef employees and will work with you to assure you can get a vaccine.

### **CAN I GET THE VACCINE IF I AM IN QUARANTINE DUE TO AN EXPOSURE WITH A POSITIVE COVID-19 CASE?**

If you have had a known COVID-19 exposure, [you should not seek vaccination until your quarantine period has ended](#) to avoid potentially exposing healthcare personnel and other people to COVID-19 during the vaccination visit.

### **ARE THE VACCINES SAFE?**

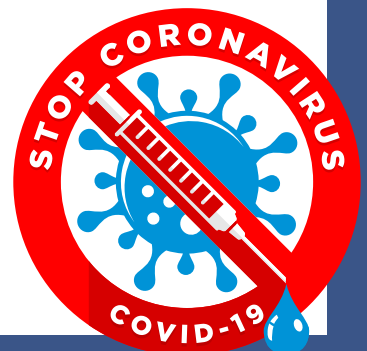
The vaccines are [safe](#). The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used today have been tested and meet the same standards as other vaccines. The CDC and Food and Drug Administration (FDA) continue to monitor the safety profiles of these vaccines.

### **DOES THE VACCINE CAUSE SIDE EFFECTS?**

The vaccines [may](#) cause side effects in some people. Side effects are normal signs that your body is building protection and should go away within a few days. Some people have no side effects. Side effects after your second shot may be more intense than the ones you experienced after your first shot.

Common Side Effects include:

- Pain, redness, or swelling at injection site (arm)
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea



# COVID-19 Vaccine Information

## VACCINE SAFETY

To reduce pain and discomfort where you got the shot, apply a clean, cool, wet washcloth over the area. Use or exercise your arm. Drink plenty of fluids and dress lightly to reduce discomfort from fever.

### HOW IS THE JOHNSON & JOHNSON (J&J) VACCINE DIFFERENT FROM THE OTHER VACCINES CURRENTLY AVAILABLE? ARE THERE DIFFERENT SIDE EFFECTS?

There are currently three vaccines authorized and recommended to prevent COVID-19 – Pfizer-BioNTech, Moderna and Johnson & Johnson/Janssen. The [J&J/Janssen](#) vaccine was 66.3% effective in clinical trials (efficacy) at preventing COVID-19 in people. People had the most protection 2 weeks after getting vaccinated. While the J&J/Janssen vaccine was less effective, it is still a very good option for individuals to receive.

Women younger than 50 years old should especially be aware of the rare risk of blood clots with low platelets after vaccination. There are other COVID-19 vaccines available for which this risk has not been seen. If you received a J&J/Janssen COVID-19 Vaccine, [here is what you need to know](#).

### CAN I GET COVID-19 FROM THE VACCINE?

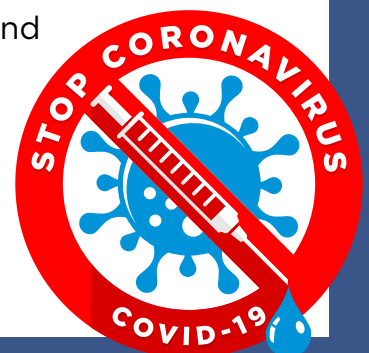
[No](#). None of the authorized and recommended COVID-19 vaccines in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with the virus.

### HOW MANY DOSES SHOULD I EXPECT?

Currently, there are three authorized and recommended vaccines to prevent COVID-19 in the United States two need [two shots](#) to be effective, separated by either 21 or 28 days. The first shot gets your body ready. The second shot makes sure you have full protection. When you are vaccinated, you will be informed when to return for your second shot. The J&J vaccine only requires one vaccine to have full protection.

### WILL A COVID-19 VACCINATION PROTECT ME FROM GETTING SICK WITH COVID-19?

COVID 19-vaccines are effective. They can keep you from getting and spreading the virus that causes COVID-19. [Learn more about the different COVID-19 vaccines](#). COVID-19 vaccines also help keep you from getting seriously ill even if you do get COVID-19. Getting





# COVID-19 Vaccine Information

## VACCINE SAFETY

vaccinated yourself may also protect people around you, [particularly people at increased risk for severe illness from COVID-19](#).

### **SHOULD I RECEIVE THE VACCINE IF I AM CURRENTLY PREGNANT OR BREASTFEEDING, OR IF I HAVE ALLERGIES?**

Tell the vaccination provider about all of your medical conditions or consult your healthcare provider in advance. [Go here](#) for the latest information on vaccine considerations for women who are pregnant or nursing.

### **HOW CAN I HELP PROTECT MYSELF FROM GETTING COVID-19 UNTIL I CAN GET VACCINATED?**

You should cover your mouth and nose with a mask when around others, avoid close contact with people who are sick, stay six feet away from others, avoid crowds and wash your hands often. [Here](#) is more information about these and other steps you can take to protect yourself and others from COVID-19.

### **HOW DO I KNOW WHICH SOURCES OF COVID-19 VACCINE INFORMATION ARE ACCURATE?**

It can be difficult to know which sources of information you can trust. [Learn more about finding credible vaccine information](#).

### **WILL NATIONAL BEEF BE ADJUSTING THE PPE OR OTHER SAFETY POLICIES FOR THOSE WHO HAVE BEEN VACCINATED?**

We will not be currently adjusting our PPE or safety policies. It is important to wear a face covering and remain physically distant from co-workers and customers even if you have been vaccinated because it is not known at this time how vaccination affects transmissibility. The safety of our employees remains our top priority. Therefore, we continue to follow the latest guidance from the Centers for Disease Control and Prevention (CDC), the Occupational Safety and Health Administration (OSHA), and other applicable federal and state officials. It is important we continue using all tools available to us to protect ourselves and others.





# COVID-19 Vaccine Information

## VACCINE EFFECTIVENESS

### **NEW! ARE THE VACCINES EFFECTIVE AGAINST THE DELTA OR OTHER VARIANTS?**

Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19, including this variant. Vaccines are highly effective against severe illness, but the [Delta variant causes more infections and spreads faster](#) than earlier forms of the virus that causes COVID-19. [Learn more about variants in the US.](#)

### **NEW! IF I GOT MY FLU SHOT, DO I NEED A COVID VACCINE?**

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus first identified in 2019, and flu is caused by infection with [influenza viruses](#). Influenza and COVID-19 belong to two different virus families, so one vaccine is not interchangeable for another. It is important for you to get both your flu shot and your COVID-19 vaccine.

### **NEW! IF I GOT MY COVID VACCINE, DO I NEED A FLU SHOT?**

Influenza and COVID-19 belong to two different virus families, so one vaccine is not interchangeable for another. Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at higher risk of serious [complications from influenza](#). It is important for you to get both your flu shot and your COVID-19 vaccine.

### **NEW! WHAT IS THE BENEFIT TO ME OF GETTING THE COVID-19 VACCINE?**

COVID-19 vaccination can help protect you and your loved ones from getting COVID-19. If you are fully vaccinated, you can resume many activities that you did prior to the pandemic. Learn more about what you can do [when you have been fully vaccinated](#).

### **NEW! WHAT IS THE BENEFIT TO ME OF GETTING THE COVID-19 VACCINE BOOSTER?**

While the COVID-19 vaccines authorized in the United States continue to be highly effective in reducing risk of several disease, hospitalization and death, the COVID-19 [vaccine booster](#) adds another tool to your toolkit to help you fight COVID-19 and keep you, and your loved ones, safe.



# COVID-19 Vaccine Information

## VACCINE EFFECTIVENESS

### WITH SEVERAL VACCINES AVAILABLE, HOW DO I KNOW HOW MANY DOSES ARE NEEDED OF EACH? THEM?

The number of doses needed depends on which vaccine you receive. In order to receive the most protection, you should receive:

- Two [Pfizer-BioNTech](#) vaccine doses, given 3 weeks (21 days) apart
- Two [Moderna](#) vaccine doses given 1 month (28 days) apart
- One [Johnson & Johnson/Janssen](#) vaccine dose

If you receive a vaccine that requires two doses, you should get your second shot as close to the recommended interval as possible. People with moderately to severely compromised immune systems should [receive an additional dose](#) of mRNA COVID-19 vaccine after the initial 2 doses.

### IS THE JOHNSON & JOHNSON (J&J) VACCINE AS EFFECTIVE AS THE OTHER VACCINES EVEN THOUGH IT IS JUST ONE DOSE?

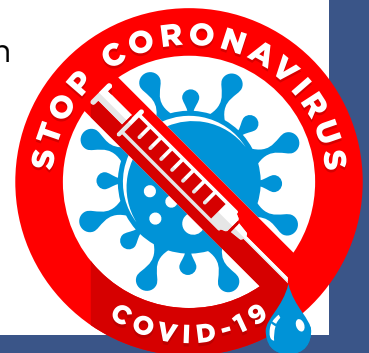
Across all trial sites, the Johnson & Johnson/Janssen ([J&J/Janssen](#)) vaccine showed 85 percent efficacy against severe forms of COVID-19 and 100 percent efficacy against hospitalization and death. J&J's one-dose vaccine will allow states to rapidly increase the number of people who have been fully vaccinated. Unlike the other vaccines, this vaccine can be stored at standard refrigeration temperatures for at least three months.

### WHAT HAPPENS IF I MISS RECEIVING THE SECOND DOSE OF THE VACCINE AT THE RECOMMENDED TIME?

You should get your [second](#) shot as close to the recommended 3-week or 1-month interval as possible. You should not get the second dose earlier than the recommended interval. If you have not received your second dose, please prioritize making your appointment to receive the vaccine after consulting with your primary care physician.

### HOW LONG WILL I RECEIVE IMMUNITY FROM COVID-19 AFTER RECEIVING THE COVID-19 VACCINE?

Experts are working to [learn](#) more about both natural immunity and vaccine-induced immunity with COVID and are still researching how long immunity lasts. CDC will keep the public informed as new research becomes available.



# COVID-19 Vaccine Information

## VACCINE EFFECTIVENESS

People with moderately to severely compromised immune systems should [receive an additional dose](#) of mRNA COVID-19 vaccine after the initial 2 doses.

### **DO I NEED TO WAIT A CERTAIN AMOUNT OF TIME AFTER HAVING COVID-19 TO RECEIVE THE VACCINE?**

Due to the severe health risks associated with COVID-19 and the possibility for reinfection, vaccine should be offered to you [regardless](#) of whether you already had COVID-19. If you were treated for COVID-19 symptoms by a doctor in a hospital, talk to your primary care physician to find out when is the best time for you to receive the vaccine.

### **IF I HAVE HAD COVID-19 AND HAVE IMMUNITY, SHOULD I STILL GET THE VACCINE OR SHOULD I WAIT?**

If you are eligible to receive the vaccine, it is highly [recommended](#) that you receive the vaccine when you are able to. Please consult with your primary care physician if you have any questions about receiving the vaccine after having treatment from COVID-19.

### **HOW EFFECTIVE WILL A COVID-19 VACCINE BE?**

All COVID-19 vaccines currently available in the United States are effective at preventing COVID-19 as seen in clinical trial settings. [Research](#) provides growing evidence that mRNA COVID-19 vaccines offer similar protection in real world conditions. COVID-19 vaccination is an important tool to help stop the COVID-19 pandemic. Some people who are fully vaccinated against COVID-19 will still get sick because no vaccine is 100% effective. Experts continue to monitor and evaluate how often this occurs, how severe their illness is, and how likely a vaccinated person is to spread COVID-19 to others.



# COVID-19 Vaccine Information

## VACCINE AVAILABILITY

### **NEW! HOW CAN I FIND A COVID-19 VACCINE NEAR ME?**

Currently all adults 5+ in America are eligible to receive the COVID-19 vaccine. To find out where you can receive a COVID-19 vaccine, please use the below resources to [find a vaccine](#) near you:

- Moultrie, Georgia
  - Colquitt County Health Department
  - Publix Pharmacy at Parkway Centre
  - CVS Pharmacy
  - Walgreens Pharmacy
  - Walmart Pharmacy
- Tama, Iowa
  - Medicap Pharmacy
  - Hy-Vee Pharmacy
  - Tama County Public Health and Home Care
- Dodge City, Kansas
  - Ford County Public Health Department
  - Western Plains Medical Complex
  - Gibon's Pharmacy
  - Dillons Pharmacy
  - Walgreens Pharmacy
  - Walmart Pharmacy
- Kansas City, Kansas, and Kansas City, Missouri
  - CVS Pharmacy
  - Walmart Pharmacy
  - Walgreens Pharmacy
  - Sun Fresh
  - Price Chopper Pharmacy
  - Hy-Vee Pharmacy
- Liberal, Kansas
  - Walmart Pharmacy
  - Dillons Pharmacy
  - El Kan Drug
  - Walgreens Pharmacy
  - Seward County Health Department
- North Baltimore, Ohio
  - Hancock Public Health (Findlay)
  - Rite Aid Pharmacy (Findlay)
  - Cosiano Health Center (Findlay)



# COVID-19 Vaccine Information

## VACCINE AVAILABILITY

- Meijer Pharmacy (Findlay)
- Blanchard Valley Hospital (Findlay)
- Scarbrough Pharmacy (Scarbrough)
- Wood County Hospital
- CVS Pharmacy
- Hummels Wharf, Pennsylvania
  - GIANT Pharmacy (Selinsgrove)
  - CVS Pharmacy (Selinsgrove)
  - Weis Pharmacy (Selinsgrove)
  - Walmart Pharmacy (Selinsgrove)
  - Family Practice Center, PC (Monroe Township)
- Dallas, Texas
  - CVS Pharmacy
  - Sam's Club Pharmacy
  - Tom Thumb Pharmacy
  - Walgreens Pharmacy
  - Kroger Pharmacy
  - Walmart Pharmacy

### **NEW! WHERE CAN I GET A COVID-19 VACCINE BOOSTER? HOW DO I GET IT?**

Currently, people with moderately to severely compromised immune systems should [receive an additional dose](#) of mRNA COVID-19 vaccine after the initial 2 doses. These boosters will be available through local providers. National Beef will be offering vaccine boosters once they are available to the public. However, if you are eligible to receive a booster vaccine ahead of when National Beef is able to offer one to you, please receive it.

### **IF I AM UNINSURED, CAN I GET VACCINATED?**

Vaccine doses are being [provided](#) by the federal government at no cost. You may be charged an administration fee that will be billed to your insurance plan. If you do not have insurance, there are resources available to cover the cost of the administration fee.

### **IS THE VACCINE FREE?**

[Yes](#), vaccine doses purchased by the government will be given at no cost. While vaccination providers are able to charge an administrative fee for giving the shot to someone, that fee is covered under National Beef's group health plan for National Beef employees and their covered family members.



# COVID-19 Vaccine Information

## RUMOR CONTROL

### **NEW! RUMOR: THE DELTA VARIANT ISN'T AS SERIOUS AS THE FIRST STRAND OF COVID-19.**

**False:** The [Delta variant](#) causes more infections and spreads faster than earlier forms of the virus that causes COVID-19. It might cause more severe illness than previous strains in unvaccinated people.

### **NEW! RUMOR: THE FLU SHOT WILL ALSO WORK AGAINST THE CORONAVIRUS.**

**False:** This is not true. Influenza and COVID-19 belong to two different virus families, so one vaccine is not interchangeable for another. It is important that you also consider getting the flu vaccine this year. Getting a flu shot can help ensure our healthcare system has the capacity to care for COVID-19 patients.

### **NEW! RUMOR: THERE ARE NEW VARIANTS OF COVID-19, SO THE NEW VACCINES WON'T BE EFFECTIVE.**

**False:** New variants of the virus that causes COVID-19 are spreading in the United States. Current information suggests that COVID-19 vaccines in the United States offer protection against most variants. However, some variants might cause illness in some people after they are fully vaccinated if the variants are circulating in the community.

### **NEW! RUMOR: THE COVID-19 VACCINE WILL CAUSE ME TO TEST POSITIVE ON A COVID-19 TEST.**

**False:** Vaccines currently in clinical trials in the United States won't cause you to test positive on viral tests, which are used to see if you have a current infection. However, if your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate if you had a previous infection that may offer some level of protection against the virus.

### **NEW! RUMOR: THE MRNA VACCINE CAUSES AUTOIMMUNE DISORDERS.**

**False:** This is not true. That rumor is [baseless](#). The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way.



# COVID-19 Vaccine Information

## RUMOR CONTROL

### **RUMOR: THE COVID-19 VACCINE WILL ALTER MY DNA.**

**False:** This is not true. That rumor is [baseless](#). The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way.

### **RUMOR: I CAN BE INFECTED BY THE VIRUS THAT CAUSES COVID-19 BY GETTING VACCINATED.**

**False:** You cannot get COVID-19 from the vaccine. Every day, a healthy immune system successfully fights off thousands of germs. Antigens are parts of germs that cause the body's immune system to go to work to build antibodies, which fight off diseases. The antigens in vaccines come from the germs themselves, but the germs are weakened or killed so they cannot cause serious illness. Even if people receive several vaccinations in one day, vaccines contain only a tiny fraction of the antigens they encounter every day in their environment. Vaccines stimulate the immune system to produce antibodies to fight off serious vaccine preventable diseases.

### **RUMOR: THE VACCINE WAS RUSHED.**

**False:** According to medical experts, including current and former U.S. Surgeon Generals, there is no reason to believe that the vaccines that have been developed will not be effective against new strains of the virus.

