

## **Educational Series**

### **Myths VS Facts (1)**

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With COVID-19 cases on the rise questions regarding the newly available vaccine being distributed are also on the rise.

CASSA's COVID-19 vaccine education series is aiming to answer those questions.

**Myth 1:** I am not at risk for severe complications of COVID-19 so I do not need the vaccine.

Regardless of your risk, you can still contract the infection and spread it to others, so it's important to get vaccinated. Once the vaccine is widely available, it's recommended that as many eligible adults as possible get the vaccine. It's not only to protect you but our family and community as well.

**Myth 2:** You don't need the second vaccine dose.

You do! Data from clinical trials have shown that both doses are needed to achieve the strongest immune response and protection against COVID -19.

**Myth 3:** The vaccine can give me long-term side effects.

Most side effects, if any, are usually seen within days of receiving the vaccine and resolve without an issue. Some of the side effects such as fever, chills, muscle aches, etc. that are seen are due to a person's immune response. This is normal after receiving a vaccine. Side effects lasting longer than 3 days should be reported to your healthcare provider.

**Myth 4:** People who have already had COVID-19 don't need to get the vaccine

This is not true. It is recommended that people who have already had COVID-19 still get the vaccine. Some people may not even know that they have had the disease. The vaccine is also known to be more protective; you can get your vaccine once you have recovered, are no longer contagious and your isolation period is over.

Want to learn more about the COVID-19 vaccine? Visit [apnahealth.org](https://apnahealth.org).

Information obtained from Public Health Ontario.