COVID-19 vaccine: the facts

COVID-19 CAN HAVE LONG-TERM EFFECTS

Regardless of age, risk factors, or severity of infection, nearly 1 in every 4 COVID-19 patients experiences different types of long-term symptoms including loss of taste or smell, and lung and heart complications which can include shortness of breath and in severe cases lead to difficulty in exercising or even walking up stairs without getting winded.

mRNA

Three things to know about mRNA vaccines:

- The mRNA in the Covid-19 vaccine does not change your DNA. DNA is in the nucleus of the cell, and the vaccine does not enter the nucleus.
- The “m” stands for messenger. The mRNA delivers instructions for your immune system to learn how to protect against COVID-19, and then the messenger leaves your system.
- mRNA is the evolution of vaccine technology, and many other vaccines may be mRNA-based in the future.

SAFETY

COVID-19 vaccines are some of the safest and most effective ever developed. It is very unusual to see vaccines with efficacy rates as high as the COVID-19 vaccine. They have been in use for more than a year, hundreds of millions of doses, with very few cases of severe side effects.

SIDE EFFECTS

The vast majority of patients have experienced very mild to moderate side effects for only 1-2 days after receiving the vaccine. The most common side effects are pain at the injection site, slight fever, and fatigue. These side effects are much easier to manage than a COVID-19 infection, the symptoms of which can last several months.

RUSHED?

- The mRNA technology used to create some of the COVID-19 vaccines has been in existence for many years.
- The viral vector technology present in the Janssen/Johnson & Johnson vaccine is extremely common and has been used in vaccines for Ebola, flu and zika virus.

I WON’T SPREAD IT

Studies have shown that 59% of COVID-19 transmissions happen with no symptoms present.¹ That means that if you are not vaccinated, you could have COVID-19 and spread it to a vulnerable person, perhaps an elderly person in your family, without knowing it.

¹ https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2774707