

Myths vs. truths about the COVID-19 vaccine

A COVID-19 vaccine is anticipated to be available in limited supplies throughout the country by the end of this month. While several different vaccines are in development, none of those currently in development in the U.S. use the live virus that causes COVID-19 according to the Centers for Disease Control and Prevention.

The goal for each vaccine is to teach our immune systems to recognize and fight the virus that causes COVID-19.

See some myths vs. truths about the COVID-19 vaccine below:

Myth: "Immediately after I receive the COVID-19 vaccine, I will be protected."

Truth: Building an immune response can take many days to weeks for a full response. Continuing to follow masking and physical distancing recommendations will be important to continue to protect yourself and others against infection.

Myth: "The COVID-19 vaccine will give you COVID-19."

Truth: The COVID-19 vaccines currently in development in the U.S. do not use the live virus that causes COVID-19 infection, so the vaccine cannot cause COVID-19.

Myth: "The COVID-19 vaccine process is moving too fast and will not be safe."

Truth: Vaccine development in the U.S. follows a very rigorous process to ensure safety and efficacy prior to wide distribution. The Food and Drug Administration requires a vaccine to be proven to be at least 50% effective prior to approval, and both Pfizer and Moderna could not request emergency use authorization until at least half of the trial participants had two months' of follow-up. Both vaccines are shown to be 94-95% effective.

Myth: "The flu vaccine also can help protect against coronavirus."

Truth: The flu vaccine is more important than ever to help prevent co-infection with both flu and COVID-19. The flu vaccine, however, does not provide coverage against coronavirus since the infections are caused by different viruses.

Myth: "Masking and physical distancing are not required following vaccination."

Truth: Since immunity will take some time to develop and the vaccine is not 100% effective, it will still be important to follow masking and physical distancing recommendations.