COVID-19 Myth Busters

Here are some myth busting facts to help you get the information you need to stay safe. Let's stick with the facts, stick together and learn more.

MYTH: The COVID-19 vaccines are not safe.

FACT The [vaccines approved for use in Canada](#) are safe and effective. They have been rigorously tested and meet all safety standards by Health Canada. Canada is recognized around the world for high standards for vaccine review, approvals, and monitoring systems. No steps were skipped. The vaccines cannot give you COVID-19 because they don't contain the virus that causes it. The vaccines cannot change your DNA.

MYTH: The reactions to the immunization are too risky

FACT It is normal to have some minor [side effects and reactions.](#) It's a sign the vaccine is working and your body is building protection. Common side effects include tiredness, chills, pain, redness, swelling and itchiness where the vaccine was given. Serious side effects are rare. Overall, 99.98% of vaccines administered in Alberta had no serious side effects. Talk to your doctor about your concerns.

MYTH: There are no [long-term effects](#) to COVID-19.

FACT Some people who have had COVID-19, whether they have needed hospitalization or not, continue to experience symptoms, including fatigue, respiratory and neurological symptoms. These long lasting symptoms have been termed "long COVID-19" and are being closely studied in Alberta, and around the world.

MYTH: I was already diagnosed with COVID-19. I don't need to get immunized.

FACT Evidence shows that getting immunized is against COVID-19 offers better protection than natural infection.

Alberta Health Services

MYTH: Are there religious reasons to not get the COVID-19 vaccine?

Many faith leaders around the world have spoken about the moral duty of their faith communities to be immunized, to help protect their friends and neighbours. The COVID-19 vaccines that are approved in Canada are from Pfizer-BioNTech, Moderna, AstraZeneca and Janssen do not contain gelatin, pork products or fetal tissue.

MYTH: The COVID-19 vaccine can cause infertility in women, and is dangerous for pregnant women and their babies.

No adverse pregnancy-related outcomes, including adverse outcomes affecting the baby, were associated with vaccination in the clinical trials. None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make anyone sick with COVID-19, including pregnant people or their babies. COVID-19 vaccination is recommended for everyone 12 years of age and older, including people who are trying to get pregnant now or might become pregnant in the future, as well as their partners. Read our Pregnant Healthcare Workers and COVID-19 Position Statement.

MYTH: There have been breakthrough COVID-19 cases among the immunized so it's not worth getting the vaccine.

Only 0.7% of fully vaccinated Albertans have been diagnosed with COVID-19. Two doses will protect most people from getting severely sick, having to go to the hospital or dying if they do catch the virus. However, no vaccine is 100% effective. Some people's immune systems don't respond as strongly to vaccine. Getting more Albertans vaccinated will help protect yourself, your family and community.

MYTH: The vaccines contain animal-derived ingredients.

None of the vaccines approved in Canada contain animal cells or tissue, or any animal-derived ingredients including gelatin, pork or egg protein.

Have you heard a myth about COVID-19 that you want to fact check? Check out our myth busting tool on Together4Health. Post your comment under and an AHS expert will provide accurate, up-to-date information to validate or debunk your post as fact or fiction. You can find answers to commonly asked questions on our public and staff FAQs. For more information about COVID-19 see www.ahs.ca/covid.