

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Male fertility and the COVID-19 vaccine

Are you concerned about getting the COVID-19 vaccine because you think it may make you sterile?

Good news: There is no scientific evidence that any vaccine, including the COVID-19 vaccine in any form, causes male fertility problems or erectile dysfunction. There is no scientific evidence that the COVID-19 vaccine impacts fertility in men or women.

A recent study of healthy men who received an mRNA COVID-19 vaccine looked at sperm characteristics, such as quantity and movement, before and after vaccination. Researchers found no significant changes in sperm after vaccination.

The COVID-19 virus, however, targets the blood vessels in your body. When you get COVID-19, those blood vessels do not expand like they should, and that can result in erectile dysfunction. Men with COVID-19 may experience erectile dysfunction, even if they have a mild case of the virus.

Vaccination remains our best means of preventing COVID-19. Even healthy Albertans are at risk of severe illness and even death from this virus.

You cannot get COVID-19 from the vaccine. The vaccine does not change your DNA.

Vaccines make your immune system stronger. They build antibodies to help prevent diseases. Immunization is safe. It is much safer to get immunized than to get COVID-19 disease.



Immunization is the single most effective means of protecting yourself, your loved ones and the greater community from COVID-19.

While having had the disease offers some protection against future infection, there is not enough data about the level of protection to know when it tapers off, or how protective natural immunity will be against new variants.

All Albertans who are eligible are encouraged to book their COVID-19 vaccine by calling 811, visiting a walk-in clinic, contacting a doctor's office or visiting [bookvaccine.alberta.ca](https://bookvaccine.alberta.ca).