

# Women's Health: Debunking COVID-19 Vaccine Myths

The vaccines developed to fight COVID-19 have been shown to be both safe and highly effective at preventing the disease. You may have heard some inaccurate information about how they can affect women. Let's set the record straight, with truths from the Centers for Disease Control and Prevention, Johns Hopkins, the Mayo Clinic and other respected health organizations.



**Myth:** "You can get COVID-19 from receiving the vaccine."

**Fact: No.** *You cannot get COVID-19 from receiving the vaccine* because the COVID-19 vaccines do not contain a live SARS-CoV-2 virus. The vaccines work by telling your immune system to make a protein that teaches your body to recognize and fight the virus that causes COVID-19.



**Myth:** "I have to get a pregnancy test before I receive the COVID-19 vaccine"

**Fact: No,** you are *not required to get a pregnancy test before getting any of the COVID-19 vaccines*. While they were not studied in pregnant women, the currently available COVID-19 vaccines do not contain ingredients that are known to be harmful to either pregnant women or to a developing fetus.



**Myth:** "COVID-19 vaccines can cause severe side effects."

**Fact:** It is common to feel side effects after getting a COVID-19 vaccine, especially after the second dose. These may include body aches, fatigue, fever and pain at the injection site. *These side effects usually last less than a few days*. If you have a fever or other side effects you can take over-the-counter acetaminophen. If you are worried about your side effects or they last more than a few days, talk with your maternity care provider or other health care professional.



**Myth:** "I shouldn't get the COVID-19 vaccine if I am pregnant."

**Fact: False.** Though no safety data exists regarding the use of the vaccine during pregnancy from clinical trials, experts believe the vaccines are likely to be safe during pregnancy. *A dozen expert groups on women and pregnancy recently published a joint statement recommending that pregnant and breastfeeding women who are eligible should receive a COVID-19 vaccine*. If your vaccine requires two doses, you should still get the second dose even if you find out you are pregnant after receiving the first dose.



**Myth:** "I can't get the COVID-19 vaccine if I am breastfeeding."

**Fact: False.** COVID-19 vaccines are being offered to breastfeeding women. Although no safety data exists about the use of the vaccine in those breastfeeding, there is *no evidence that the vaccine is harmful to breastfeeding women or their babies*. You do not have to delay or stop breastfeeding to get the vaccine.



**Myth:** "The COVID-19 vaccine could make my partner infertile."

**Fact: False.** *No evidence has been found to suggest that COVID-19 vaccines have any effect on fertility* among the millions of individuals who have so far received the vaccine. You can get a COVID-19 vaccine if you are planning or trying to get pregnant; conversely, you do not need to delay getting pregnant after you get a vaccine.