

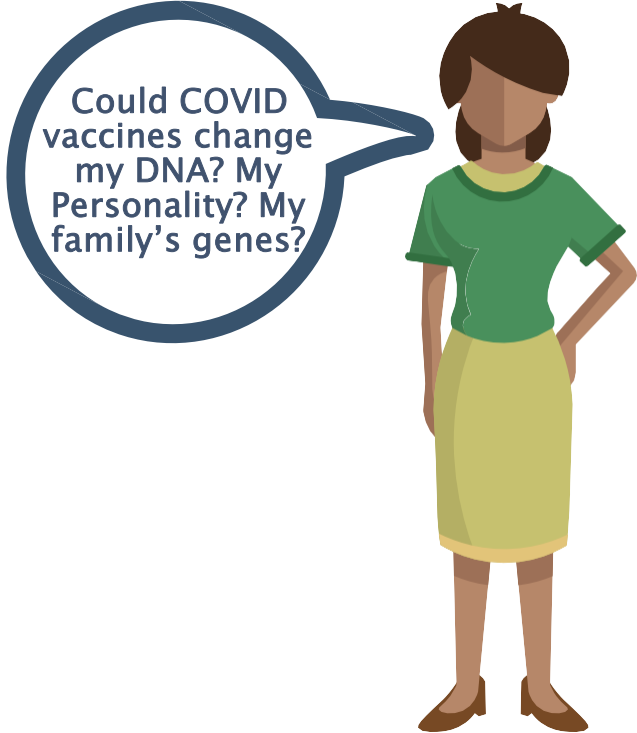
# Is It True?

## COVID-19 VACCINE FACT CHECKING

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### 1 COVID-19 vaccines will NOT alter your genes or DNA.

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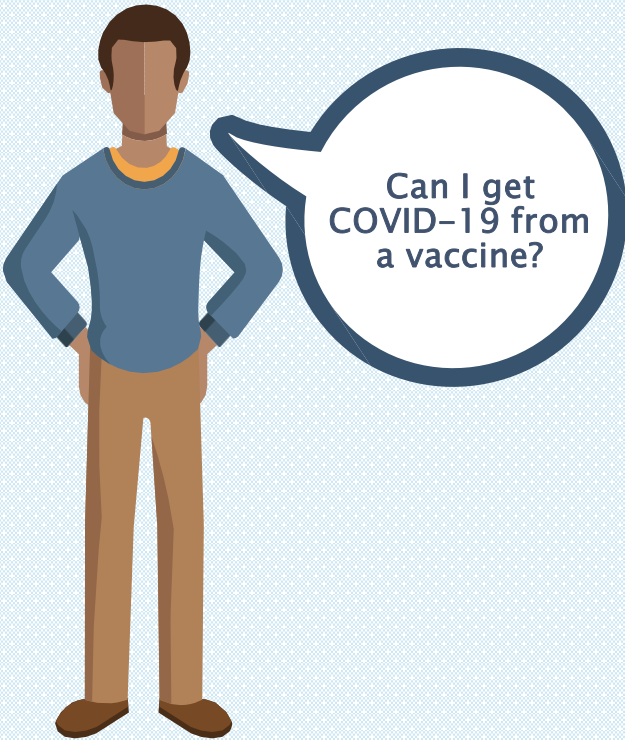


Could COVID vaccines change my DNA? My Personality? My family's genes?



Both the Moderna and Pfizer vaccines use Messenger RNA (or mRNA), a substance our bodies naturally produce. mRNA teaches our bodies to protect us by making antibodies and other infection-fighting cells.

The mRNA from a COVID-19 vaccine never enters the nucleus of the cell - where our DNA is kept. This means the mRNA cannot affect our DNA in any way. Once the mRNA has finished teaching our cells, enzymes break down the mRNA so it's no longer in our bodies.



Can I get COVID-19 from a vaccine?

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### 2 COVID-19 vaccines will NOT infect you with the coronavirus.

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There is no coronavirus in any of the COVID-19 vaccines. You can't get coronavirus from getting vaccinated.

The vaccines teach our bodies' cells to make a protein that looks exactly like the one found on the surface of the COVID-19 virus. To deliver the instructions, the vaccines use either messenger RNA (mRNA) or a harmless common cold virus that is modified so that it can't cause illness. Our bodies learn to identify that protein so that they can mount an immune response if a COVID-19 virus enters the body.

# 3

COVID-19 vaccines can cause mild flu-like symptoms, but extreme reactions are very rare.

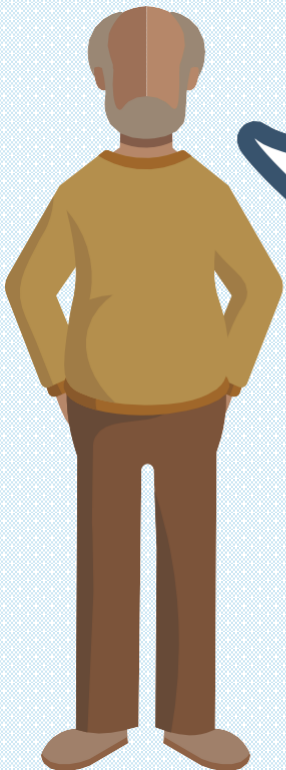
It's possible to experience side effects like a headache, sore arm, fatigue or fever in the day or two after you get the shot. But these side effects do not last long and are signs that the vaccine is working.

Severe allergic reactions (anaphylaxis) are very rare, but can happen, especially in people that already have severe allergic conditions. All reactions are treatable.

Safeguards are in place, just in case. After you are vaccinated, you will be asked to wait at the clinic for 15 minutes. Medical staff will make sure you don't have a severe allergic reaction to the vaccine.



I'm worried about having a serious allergic reaction to COVID-19 vaccine



I've heard a lot of rumors about what's in the vaccines.

# 4

COVID-19 vaccines do NOT contain tracking chips, fetal tissue, pork products, harmful metals or toxic ingredients.

The key ingredient in both the Pfizer and Moderna vaccines is a genetic material called mRNA. The vaccines also contain lipids, salts, acetic acid (main ingredient in vinegar), and sugar. In the Johnson & Johnson (J&J) vaccine, the key ingredient is a common cold virus, but modified so it can't cause illness. The J&J vaccine also contains stabilizers (salts, alcohols, polysorbate 80, hydrochloric acid) and amino acids. These vaccines have fewer ingredients than the average bag of potato chips!

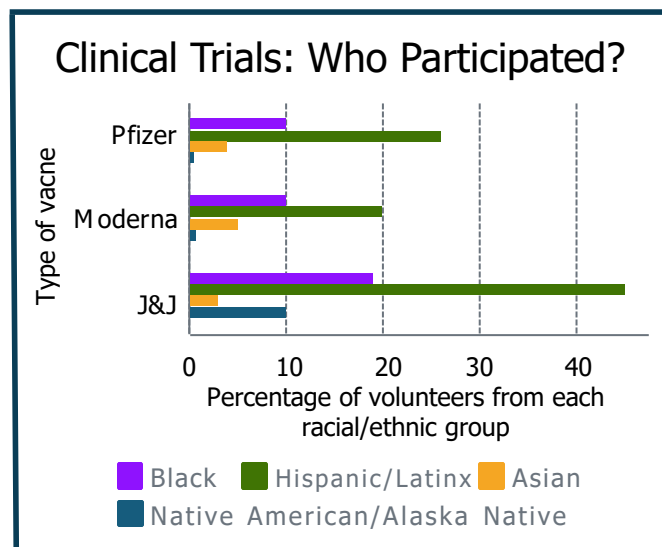
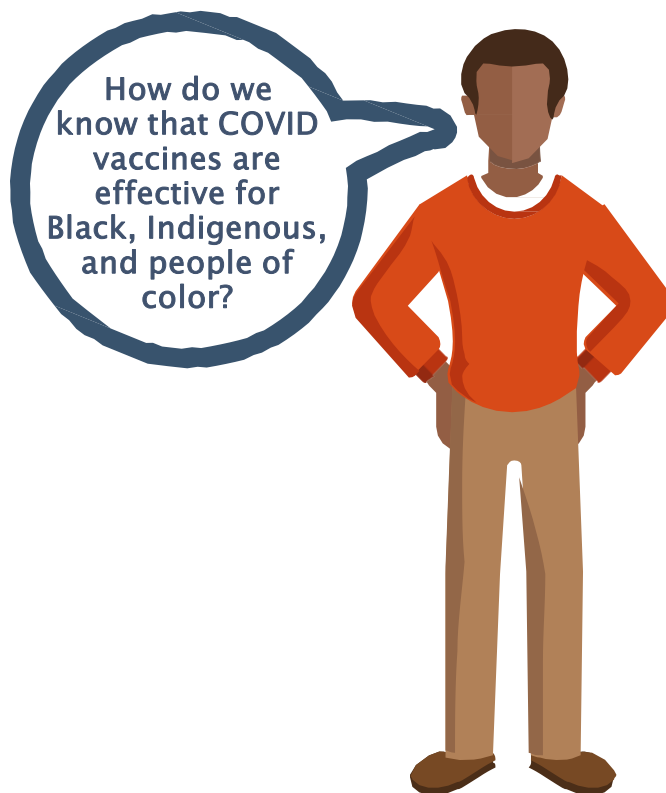
# 5

## COVID-19 vaccine will reduce hospitalizations and deaths in communities of color.

Before COVID-19 vaccines were developed, activists and advocates raised concerns about the historical and ongoing harm inflicted by medical and government institutions on Black, Indigenous, and people of color. Thanks to their efforts, the tens of thousands of people that took part in the COVID-19 vaccine trials reflect the diversity of our population. The vaccines have been effective and safe across racial and ethnic groups.

In addition, people of color played leadership roles in the development of COVID vaccines. For example, Dr. Kizzmekia Corbett, a Black scientist, is the National Institute of Health's lead for coronavirus vaccine research.

Black, Native American, Latino, and Pacific Islander communities have experienced significantly higher rates of hospitalization and death from COVID-19 in King County. These communities will be among those who benefit most from the protection that vaccination offers.



## Additional Resources

For more information on the COVID-19 vaccine and to determine if you are eligible: [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine)

Learn about COVID-19 care, testing, isolation/quarantine, and resources for organizations: [kingcounty.gov/covid](https://kingcounty.gov/covid)

For COVID-19 medical questions or for help scheduling a COVID-19 test or vaccine appointment, call: (206) 477-3977 any day from 8:00 AM to 7:00 PM. Interpreters available.