



Health Partners Plans

MYTH: COVID-19 vaccines will make me sick with COVID-19.

FACT: COVID-19 vaccines are not live vaccines and will not make you sick with COVID-19. While you may feel sick after getting the COVID-19 vaccine, that is a sign your body is building protection against the virus that causes COVID-19.

MYTH: I can catch COVID and not need the vaccine.

FACT: Yes, there is natural immunity from getting COVID; however, a recent study supports that natural immunity from a COVID-19 infection remained highly protective against hospitalization and death for several different variants at 40 weeks, but wanes with reinfections. Vaccination remains the safest route to immunity.

MYTH: COVID-19 vaccines are not safe because they were developed rapidly.

FACT: Although COVID-19 vaccines were developed quickly, research and development on vaccines like these have been underway for decades. All vaccine development steps were taken to ensure COVID-19 vaccine safety and effectiveness, including clinical trials, FDA authorization, tracking safety using vaccine monitoring systems.

MYTH: A booster dose of the COVID-19 vaccine isn't really necessary.

FACT: Boosters are an important part of protecting yourself or your child from getting seriously ill or dying from COVID-19. The CDC recommends one updated (bivalent) booster dose:

- For everyone aged 5 years and older if it has been at least 2 months since your last dose.
- For children aged 6 months–4 years who completed the Moderna primary series and if it has been at least 2 months since their last dose

A booster dose can "remind" the immune system how to fight off the virus. You are protected best from COVID-19 when you stay up to date with the recommended vaccinations, including recommended boosters.

MYTH: COVID-19 vaccines affect fertility or threaten pregnancy.

FACT: Hundreds of millions of people have gotten vaccinated against COVID-19 and no effects on pregnancy or fertility have emerged. The American Society of Reproductive Medicine, American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine all strongly recommend that people considering pregnancy and those who are pregnant get a COVID-19 vaccine. Pregnant people face a very serious risk of illness, death or pregnancy loss if they aren't vaccinated at the time they get COVID-19.

MYTH: Rapid COVID-19 tests don't work well, and you have to get a PCR test to know for sure that you have COVID-19.

FACT: While PCR tests are still considered the 'gold standard' for telling if someone has COVID-19, rapid tests are very good for telling if someone is contagious at the time they take the test and might be able to spread the virus to other people. Plus, rapid tests give you an answer in minutes, compared with days for most PCR tests.

MYTH: Getting tested for COVID-19 costs money.

FACT: Rapid tests are available for free from the federal government and for purchase or pickup at stores and other locations. Health Partners members can visit the HPP website for additional information on how to order COVID-19 tests: <https://www.healthpartnersplans.com/health-and-wellness/covid-19-coronavirus>.

MYTH: Masks don't work to protect a person from getting COVID-19.

FACT: Masking is a critical public health tool, and it is important to remember that any mask is better than no mask. Wear the most protective mask you can that fits well and that you will wear consistently. Wearing a high-quality mask along with vaccination, self-testing, and physical distancing, helps protect you and others by reducing the chance of spreading COVID-19.

MYTH: I cannot receive the flu vaccine and COVID vaccine at the same time.

FACT: There is no recommended waiting period between getting a COVID-19 vaccine and other vaccines. You can get a COVID-19 vaccine and other vaccines, including a flu vaccine, at the same visit. Experience with other vaccines has shown that the way our bodies develop protection, known as an immune response, and possible side effects after getting vaccinated are generally the same when given alone or with other vaccines.

Resources:

- The Lancet Past SARS-CoV-2 infection protection against re-infection: a systematic review and meta-analysis: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(22\)02465-5/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(22)02465-5/fulltext)
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Michigan Medicine University of Michigan: <https://www.michiganmedicine.org/health-lab/18-covid-myths-dispelled-experts>