



The COVID-19 vaccines – Myths vs. Facts

COVID-19 vaccination is safe and highly effective at preventing COVID-19. Here are common myths and facts about the vaccines.

Myth	Fact
COVID-19 vaccines were developed too quickly. They aren't safe.	The COVID-19 vaccines authorized by the Food and Drug Administration (FDA) for public use have been proven safe and effective. They have gone through the same strict laboratory testing and large clinical trials as every other vaccine. Independent experts have carefully reviewed all the data to ensure that the vaccines have met the necessary safety standards. For details about vaccine trials and safety, go to www.cdc.gov/vaccines .
The vaccines can infect me with COVID-19.	The vaccines cannot make you sick with COVID-19 because they do not contain the virus. You may have symptoms, such as a fever, after the vaccination. This is normal. It means your body is responding to the vaccine by making antibodies, but it does not mean you have COVID-19.
I will be completely immune to COVID-19 after I'm vaccinated.	No vaccine is 100% effective against any virus, but the COVID-19 vaccines come close. They are about 95% effective in preventing a COVID-19 infection.
I don't have to wear a mask or observe social distancing after I am vaccinated.	The vaccines do not provide 100% immunity. You will still need to wear a mask, wash your hands often, and observe physical distancing. Even if the vaccines protect you from the virus, you may still spread it to others who are not vaccinated. Follow the guidelines from the Centers for Disease Control and Prevention (CDC) and your local health authorities.
I don't need to be vaccinated because I'm not at risk.	The CDC recommends that as many eligible adults as possible be vaccinated regardless of their infection risk. Everyone needs protection against COVID-19, even young and healthy adults. If you've already had COVID-19, there is no guarantee you will not be infected again. If you are pregnant, have severe allergies, or have concerns about receiving the vaccines, consult your doctor.
I can pay to be on a priority list to be vaccinated.	You cannot pay to be placed on a priority list for the vaccines. The order of distribution is based on your risk for infection.
The vaccines contain questionable substances.	The FDA-authorized COVID-19 vaccines do not contain fetal tissue, implants, microchips, tracking devices, or anything that could change your DNA. The vaccines contain mRNA – which triggers the making of antibodies and then breaks down. Go to www.cdc.gov/vaccines to learn more.

Vaccination can help protect you during this pandemic. Visit anthem.com/ca/coronavirus to learn more.

Sources:
Centers for Disease Control and Prevention website: cdc.gov.
World Health Organization website: who.int/health-topics/coronavirus.

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