

The Facts About: COVID-19 Vaccines

Debunking common vaccine myths

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MYTH: "The development of the vaccine seemed a bit rushed, right?"

FACT: COVID-19 is a new virus that requires a new vaccine, but the vaccines that are now available are based on **decades of scientific research.**

Source: [WHO](#), [CDC](#)

MYTH: "But I heard it causes side effects."

FACT: Short-term side effects from the vaccines are normal and mean the vaccine is working. While these side effects may impact your day-to-day life, they shouldn't last more than a few days.

Source: [Mayo-Clinic](#), [CDC](#), [HHS](#)

MYTH: "The vaccine is too expensive. Plus, I don't have health insurance so I don't even think I qualify for it."

FACT: The COVID-19 vaccine is **free** regardless of whether or not you have health insurance or are a U.S. citizen. Vaccine providers cannot deny you a vaccine due to lack of ID or health insurance.

Source: [CDC](#), [HHS](#)

MYTH: "Why should I wear a mask? Does it even do anything?!"

FACT: Masks significantly reduce the spread of COVID-19. They create a barrier that reduces the spray of a person's spit and respiratory droplets.

Source: [CDC](#)

MYTH: "Am I vaccinated? That is confidential information! Isn't that a violation of HIPAA?"

FACT: Someone asking you about your vaccine status is **NOT** a violation of HIPAA. HIPAA rules prohibit health professionals from revealing your medical records, but the law does not apply to employers, retail stores, or journalists.

Source: [Healthline.com](#)

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