

# Learn the Facts About COVID-19 Vaccines

**Getting a COVID-19 vaccine is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.**

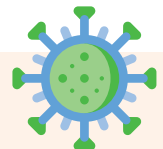


FACT: COVID-19 vaccination causes a more predictable immune response than an infection with the virus that causes COVID-19.

**The ingredients in COVID-19 vaccines are safe.**

FACT: Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods—fats, sugars, and salts.

**COVID-19 vaccines do not cause new variants.**



FACT: New variants of the COVID-19 virus happen because the virus that causes COVID-19 constantly changes through a natural, ongoing process of change (mutation).

**COVID-19 vaccines will not affect fertility.**



FACT: Currently no evidence shows that any vaccines, including COVID-19 vaccines, cause problems trying to get pregnant (fertility problems) in women or men.

**COVID-19 vaccines do not alter DNA.**

FACT: COVID-19 vaccines do not change or interact with your DNA in any way.

**Not all adverse events reported to the Vaccine Adverse Event Reporting System (VAERS) are caused by vaccination.**



FACT: Anyone can report adverse events to VAERS, even if it is not clear whether a vaccine caused the problem. Because of this, VAERS data alone cannot determine if the reported adverse event was caused by a COVID-19 vaccination.

**COVID-19 vaccines recommended for use in the United States do not shed or release their components.**

FACT: Vaccine shedding is the release or discharge of any of the vaccine components in or outside of the body and can only occur when a vaccine contains a live, weakened version of the virus.

## Sources:

- The Centers for Disease Control and Prevention (CDC). Bust Myths and Learn Facts About COVID-19 Vaccines. Updated September 27, 2023. Available at: [www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html).
- CDC National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. Last Reviewed August 30, 2023. Available at: [www.cdc.gov/ncird/index.html](https://www.cdc.gov/ncird/index.html).