

COVID-19 Vaccines: Myths and Facts



Myth:
Vaccines were rushed.

Fact:

Vaccine developers did not skip any steps. There was a lot of teamwork from scientists around the world, to work on the various steps and gather scientific data at the same time.

Myth:
Only the mRNA vaccines are worth getting.

Fact:

All vaccines have excellent levels of protection to prevent severe illness, hospitalization, ICU admission, long-haul COVID symptoms or death.

Myth:
I had the COVID-19 disease. I don't need the vaccine.

Fact:

You can be re-infected with COVID-19 or its variants. If you are infected, you can spread the virus to others.

Myth:
I can't get the vaccine because of religious beliefs.

Fact:

Religious leaders of many faiths and creeds recognize and support vaccination. Speak to a medical professional in your religious community.

Myth:
There is no value in getting vaccinated because I can still get the disease.

Fact:

COVID-19 vaccines provide excellent protection for you and others from severe illness, hospitalization, ICU admission, long-haul COVID or death.

Myth:
I am not going to get COVID-19 as I follow all the rules very strictly.

Fact:

Even if you have been able to avoid COVID-19 until now, every situation contains some risk. Vaccines are an important layer of protection against COVID-19 disease and loosening restrictions is dependent on the majority of New Brunswickers getting vaccinated.

Myth:
Vaccines won't help because they are not natural.

Fact:

Vaccines stimulate the immune system to produce its own protection, just like a natural infection would.

Myth:
I get all my COVID-19 information from Facebook, Twitter and Instagram. I'm well-informed.

Fact:

Social media provides fast information; however, the information is not always accurate. Reliable sources include: gnb.ca/covid19vaccine, facebook.com/govnb, or twitter.com/gov_nb.