

COVID-19 VACCINE NEWS YOU CAN USE

December 30, 2020
Issue 9

New Perspective

The recent news about the COVID-19 vaccines has us excited about the future. We're looking forward to providing as much information about how this will impact our residents and team members. To keep you well informed, every couple days over the coming weeks, you can expect to receive an issue of Vaccine News You Can Use from us. We'll be sharing the latest vaccine news and updates, answering your questions, and dispelling myths and rumors about the vaccines. We'll also be sending around letters, videos, tips, and answers to frequently asked questions as we orchestrate vaccination for our residents and team members.

Get the vaccine—our best shot at getting back to normal.

THE HEADLINE

Dispelling more myths and rumors around the COVID-19 vaccines.

ANSWERING YOUR QUESTIONS

More people will die as a result of a negative side effect to the COVID-19 vaccines than would die from the virus.

- There have been no reports of deaths due to the vaccines during any clinical trials.
- There is a claim circulating on social media that COVID-19's mortality rate is 1%–2% and that people should not be vaccinated against a virus with such a high survival rate. However, a 1% mortality rate is 10 times more lethal than the seasonal flu. In addition, mortality rates can vary widely and are influenced by age, sex, and underlying health conditions.
- While some people that receive the vaccine may develop symptoms as their immune system responds, remember that this is a common reaction when receiving any vaccine and these symptoms are not considered serious or life-threatening. You cannot get COVID-19 from the COVID-19 vaccines; they are inactivated vaccines, not live vaccines.
- It's important to recognize that getting vaccinated for COVID-19 is not just about survival from COVID-19. It's about preventing spread of the virus to others and preventing infection that can lead to long-term negative health effects.

The vaccines cause Bell's Palsy.

- 7 cases of Bell's palsy, a type of facial paralysis, were reported by Pfizer and Moderna COVID-19 vaccine trial participants.
- The frequency of these cases is no greater than the frequency of Bell's palsy in the general population.
- Symptoms of Bell's palsy almost always resolve themselves.

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We don't know what's in these vaccines.

- Both Pfizer and Moderna have published the ingredient lists for their vaccines.
- In addition to the star ingredient, the COVID-19 mRNA for the spike protein, both vaccines contain lipids (fats) that help deliver the mRNA into your cells and a few other common ingredients that help maintain the pH and stability of the vaccine.
- Despite theories circulated on social media, they do not contain microchips or any form of tracking device.

People who have allergies can't get the vaccines.

- It is true that people who have allergies to the specific ingredients in these vaccines should not get them. But that is a pretty short list and might include ingredients such as polyethylene glycol.
- Old-fashioned flu vaccines are grown in eggs and some people with egg allergies were warned against getting some flu vaccine formulations—but even flu vaccines have been reformulated in recent years and many are egg-free. The COVID-19 vaccines are not made using eggs. They also do not contain preservatives that might trigger allergies.
- No allergic reactions were seen in the clinical trials of the Moderna and Pfizer vaccines, which involved just under 80,000 people. As they are rolled out among millions of people, more are likely to be seen, however.

Now that we have vaccines, the pandemic will be over very soon.

- In order to achieve what's called herd immunity—the point at which the disease is no longer likely to spread—public health authorities have said between 70–85% of the population will need to have been vaccinated or infected.
- It may take time for everyone who wants a COVID-19 vaccination to get one. Vaccines may not be widely available to the general public until several months into 2021.
- For now, we should all continue to do our part to help slow the spread of the virus, including wearing a mask, washing our hands, and practicing physical distancing.

WHAT'S IN THE NEXT ISSUE

The next issue we send of [Vaccine News You Can Use](#) will feature some of the most frequently asked questions about the COVID-19 vaccines that's we have already answered.

If you have questions about [Vaccine News You Can Use](#), please reach out to your executive director.