

DEBUNKING COVID-19 MYTHS



1

FALSE: People who have already had COVID-19 do not need to get vaccinated

TRUE: People who have had COVID-19 should get vaccinated because it is possible to be reinfected



– Even those who have had COVID-19 and recovered still have a possibility of being reinfected with the virus that causes COVID-19. This possibility is the reason these individuals should still get vaccinated.

FALSE: There are no long-term effects of COVID-19

TRUE: Organ damage to the lungs, brain, and heart can occur

– It has been proven that although the majority of those who are infected and recover from COVID-19, there are some who experience lingering symptoms such as fatigue, shortness of breath, cough, and joint and chest pain. These possible long-term effects are some of the reasons as to why it is important for any individual to get vaccinated.

5

2

FALSE: Wearing a fabric mask does not help stop the spread of COVID-19



TRUE: Wearing a fabric mask helps prevent spit from traveling, which ultimately prevents the spread of COVID-19

– Recent studies show that masks are the most inexpensive way to help stop the spread of COVID-19. In order for masks to be the most effective, those wearing them must cover both their mouth and nose. Although masks have been proven to help stop the spread, it is not absolutely guaranteed that they will protect users from COVID-19.

FALSE: Animals can contract COVID-19

TRUE: Pets can not get or spread COVID-19

– There is currently no evidence that suggests that pets can get or spread COVID-19. There is however one exception to this. There was an owner of a Pomeranian in Hong Kong that tested positive for COVID-19 and his dog tested positive as well, but showed no symptoms.

6

FALSE: COVID-19 is no worse than the seasonal flu

TRUE: COVID-19 is worse than the seasonal flu

– COVID-19 is more contagious and spreads faster than the flu. The death rate for COVID-19 is also higher than that of the flu. In addition, there are no antiviral drugs that can treat COVID-19 like there are for the flu. This in combination with the possible long-term effects of COVID-19 is why it is crucial for individuals to get vaccinated.



3

FALSE: The vaccine can make you sick with COVID-19

TRUE: None of the authorized vaccines have the live virus in them

– None of the recommended vaccines that have been developed in the United States contain the live virus that causes COVID-19. This means that those who get the vaccine are not being injected with the virus and will not get sick with COVID-19

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