

## MYTH

### COVID-19 vaccines are not safe

## FACT

ALL of the vaccines approved for use in Canada have been rigorously tested and are safe and effective. Health Canada is rigorous in its testing and the time and speed for their use has nothing to do with their safety. Bottom line, vaccines work and are safe and effective. Remember, the best vaccine for you is the one you are offered.

## MYTH

I don't need a vaccine if I've already had COVID-19.

## FACT

Even if you've previously contracted and recovered from COVID-19, your natural immunity will weaken over time. Vaccination against COVID-19 will boost your immunity and strengthen your protection against future infection.

## MYTH

I am protected from COVID-19 as soon as I am vaccinated.

## FACT

It takes about 2-4 weeks after your first dose to start building your immunity. You will not be fully protected until a few weeks after you receive your second dose (excluding Johnson & Johnson, which only requires one dose). To be fully protected against illness caused by COVID-19, it is important to get both doses when your time comes and maintain public health guidelines.

## MYTH

Once I'm vaccinated, I no longer need to wear a mask and distance.

## FACT

Even after vaccination you will need to follow all public health guidelines including those that order masks, distancing etc.

# COVID-19 Vaccine MYTHBUSTERS

## MYTH

If you don't have a strong reaction to the vaccine, it means it's not working.

## FACT

Reaction to the vaccine is not an indication of immune system response. People's immune systems react in different ways, and some people have a stronger physical response to vaccination than others. People react differently due to a variety of factors such as age, genetics, nutrition, environment, medication usage (just to name a few). Rest assured, your immune system is doing its job regardless of whether or not you had a strong reaction.



Nurses and  
Nurse Practitioners  
of British Columbia

## REFERENCES

- [BC Government FAQs re:COVID-19](#)
- [BCCDC COVID-19 Information](#)
- [WHO COVID-19 Information](#)