

Myth busting and COVID

MYTH: The ingredients in COVID-19 vaccines are dangerous.

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

MYTH: The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.

FACT: Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.

MYTH: COVID-19 vaccines cause variants.

FACT: COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19. Instead, COVID-19 vaccines can help prevent new variants from emerging.

MYTH: All events reported to the Vaccine Adverse Event Reporting System (VAERS) are caused by vaccination.

FACT: Anyone can report 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.

MYTH: The mRNA vaccine is not considered a vaccine.

FACT: mRNA vaccines, such as Pfizer-BioNTech and Moderna, work differently than other types of vaccines, but they still trigger an immune response inside your body.

MYTH: COVID-19 vaccines contain microchips.

FACT: COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.

MYTH: Receiving a COVID-19 vaccine can make you magnetic.

FACT: Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm.

MYTH: COVID-19 vaccines can alter my DNA.

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

MYTH: A COVID-19 vaccine can make me sick with COVID-19.

FACT: Because none of the authorized [COVID-19 vaccines in the United States](#) contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.

MYTH: A COVID-19 vaccine will affect my fertility.

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

MYTH: A COVID-19 vaccine will cause me to test positive on a viral test.

FACT: None of the authorized and recommended COVID-19 vaccines can cause you to test positive on [viral tests](#), which are used to see if you have a **current infection**.

MYTH: TRUE or FALSE? Quercetin, essential oils and other supplements can protect you from the coronavirus or treat COVID-19.

FALSE: Taking quercetin, zinc, or vitamin D and other nutritional supplements cannot prevent or treat coronavirus infection or COVID-19. The same is true of essential oils — they are not effective to prevent coronavirus disease.

MYTH: TRUE or FALSE? Herd immunity will end the coronavirus pandemic, so vaccinations are not necessary

FALSE: For COVID-19, letting people get the disease would result in many people getting severely sick, suffering lasting organ damage and even dying before herd immunity could occur.

MYTH: TRUE or FALSE? Ivermectin cures or prevents COVID-19.

FALSE: Ivermectin is a medicine that controls parasites in animals and humans. Irresponsible and misleading reports are circulating in social media and elsewhere that taking the drug is a safe way to prevent or cure COVID-19.

MYTH: A COVID-19 vaccine will cause me to test positive on a viral test.

FACT: None of the authorized and recommended COVID-19 vaccines can cause you to test positive on [viral tests](#), which are used to see if you have a **current infection**.

MYTH: You can protect yourself from COVID-19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols

FALSE: Call 911 if you swallow or inject any of these products.

The next page tells the real story about vaccines versus covid.

← → ↻ covid.cdc.gov/covid-data-tracker/#covidnet-hospitalizations-vaccination

- Health Care Settings +
- Variants and Genomic Surveillance +
- Antibody Seroprevalence +
- People at Increased Risk +
- Multisystem Inflammatory Syndrome in Children (MIS-C)
- Prevention Measures and Social Impact +
- Additional COVID-related Data +
- Communications Resources
- COVID-19 Home
- Get Email Updates

Age-Adjusted Rates of COVID-19-Associated Hospitalizations by Vaccination Status in Adults Ages ≥18 Years, January–December 2021

Select Age Group:

Rates of COVID-19-Associated Hospitalizations by Vaccination

COVID-19 Home

Get Email Updates

Sign up to receive the COVID Data Tracker Weekly Review.

Email Address:

[What's this?](#)

Rates of COVID-19-Associated Hospitalizations by Vaccination Status in Adolescents Ages 12–17 Years, June–December 2021

Select Age Group:

Rates of COVID-19-Associated Hospitalizations by Vaccination and Additional or Booster Dose Status