

COVID Caregiver Fact Sheet:

A Guide to COVID Vaccine Facts for Homecare Workers During the Pandemic



Updated April 14, 2021

Everyone Should Ask Questions

Everywhere you turn, people have strong opinions and many unanswered questions about COVID vaccines. See below to learn what's true and what's not. Science helps separate fact from fiction.

COVID Vaccine Facts for Homecare Workers

Are they experimenting on me?

No. There were 55,484 people who got the Pfizer, Moderna, or Johnson & Johnson (J&J) vaccines during months of experiments in 2020. Our country's agency for checking if medicines work and if they're safe is the Food & Drug Administration (FDA). The FDA checked all the vaccine experiments from the three companies and "authorized" all three for use in the COVID public health emergency. As of April 8, 2021, more than 171 million Americans have gotten at least one vaccine dose. Of those, 3.25 million were administered in Maryland. But, on April 13, 2021, the Centers for Disease Control (CDC) and the FDA paused use of the J&J vaccine to figure out if it is safe to keep using it.

Will the COVID vaccine mess up my DNA?

No, our genes are made up of DNA and that DNA lives inside the cells that are all over our bodies. Our DNA is protected inside our cells in an organ called the nucleus. That nucleus works hard to protect our DNA and blocks things that don't belong from getting in. The vaccine can't get into the nucleus to mess with our DNA. Our bodies eventually destroy the mRNA in the vaccine.

How did they make the COVID vaccine so quickly?

There was a LOT of money spent on COVID vaccine research. The US spent more than \$12 Billion dollars on vaccine research. Other governments and foundations spent billions more—all in less than one year.

The vaccine research from nearly 20 years ago during the "SARS" virus outbreak in Asia helped. Research on mRNA for possible cancer vaccines also began years ago. This made the research faster. The COVID vaccine research studies on people and animals were done at the same time for speed. It's easier and faster to make mRNA for the vaccine in a lab than making vaccines with older methods.

I heard that the J&J vaccine is so dangerous that they pulled it?

Out of 6.8 million doses given in the US, there were six women who had a "rare and severe type of blood clot" in the brain, along with low levels of platelets (thrombocytopenia). One of these women died. Given how serious this blood clot disorder is, the CDC and FDA are pausing use of this vaccine until they can bring together their advisory committee on April 14, 2021 to review the cases and make recommendations to the FDA.

Is the J&J vaccine gone forever?

We don't know yet. Let's wait and see what the Advisory Committee on Immunization Practices (ACIP) recommends. Their opinions as experts matter. The FDA will make a final decision.

I just got the J&J vaccine. Should I be worried?

If you received the vaccine, you can reach out to your doctor or nurse practitioner to share your concerns and learn more about the signs and symptoms of blood clots, including this rare one in the brain. Remember, that six women out of nearly 7 million people who received the J&J vaccine developed this possible side effect. All six women were between the ages of 18 and 48.

What if I am pregnant. I don't want to hurt my baby.

The vaccine research studies did not include anyone who was pregnant at the beginning. But people became pregnant during the research trials and had many healthy babies. More than 30,000 pregnant women have already gotten at least one vaccine shot and told the CDC about it. As of March 1, 2021, the CDC says that there have been no unexpected pregnancy or infant outcomes related to the COVID vaccine.

Who to Ask

Rely on trusted sources for up-to-date COVID vaccine information: [The US Centers for Disease Control \(CDC\)](https://www.cdc.gov).



Is it more dangerous to have COVID if I'm pregnant?

Pregnant people who get COVID infection have more C-sections, premature births, and dangerous bleeding after delivery. They can also get very sick with COVID. Since it's dangerous to have COVID while pregnant, many healthcare workers and other pregnant people decided to get vaccinated. Always talk to your doctor about the vaccine's pros and cons that apply to you.

What about my fertility? Will the vaccine hurt my chances of being able to carry a baby?

No, there's nothing that suggests that the vaccine can hurt your ability to get pregnant or the health of your future children.

What about sperm? Does the vaccine lower sperm count?

There's nothing to suggest that the vaccine reduces sperm count or harms fertility, but there is new research that is looking at that question right now. The COVID-19 virus itself causes the sperm count to go down. If getting sick with COVID-19 is found to cause problems with sperm function and fertility, the vaccine may help by preventing illness from COVID.

Will I need to get the vaccine every year?

Nobody knows yet. The virus has only been around since late 2019. Researchers need more time to figure out how long the benefits of the vaccine for our immune system will last and when we'll need to get it again.

I already had COVID. I thought I was protected. Why should I get vaccinated?

Nobody knows how much protection you get if you've had COVID or how long it lasts. It might be as short as 3 to 6 months. Some people who had COVID have gotten a second time, although this doesn't happen very often. CDC recommends that people who had COVID infection should still get vaccinated.

Sources

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Can I get COVID from the vaccine? Are they putting the virus in my body?

No. The vaccine works by sending a special message (using mRNA) into the muscle cells in our arms. That message tells our bodies to make a protein that is a very small part of the COVID virus (spike protein). It's not actually the virus, but our body thinks it is and creates antibodies. Those antibodies are ready just in case we have to fight off a COVID infection in the future. That's how vaccines train our bodies to fight infection with COVID-19.

Why wasn't the vaccine tested on animals?

The good news is that the COVID vaccine was tested on animals. Vaccine experiments that would usually have been done one after the other were done at the same time. This means that some people in the vaccine experiments got the COVID vaccine before animal testing was finished. The FDA gave permission for them to do this. Now, those animal studies are done and we know about the vaccine's safety from both animals and people.

We heard that influential people created the COVID vaccine to control us and begin a new world order.

This COVID pandemic and the COVID vaccine are not being used by powerful people to control us into a worldwide dictatorship. It's not true. COVID took us all by surprise. The COVID vaccine gives us hope for a safer future with less COVID.

I heard that Bill Gates put a chip in the vaccine to microchip everyone?

No, it's not true. While there are rumors that Bill Gates wants to microchip and control everyone through the vaccine, it just isn't true. Bill Gates' charity foundation has donated nearly \$2 Billion for vaccine research, but he does not control the companies that make the vaccine.

[Information about COVID-19 Vaccines for People who Are Pregnant or Breastfeeding. CDC. March 18, 2021.](#)

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WRITE THE NAME AND PHONE NUMBER OF YOUR HOME CARE/
HOSPICE COMPANY IN THIS BOX.