

# COVID Myths and Facts (adapted from the CDC)

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Can receiving a COVID-19 vaccine cause you to be magnetic?

**No.** Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?

**No.** Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in the U.S. contain a live virus. mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

**Yes.** If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you.

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that female or male fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Will a COVID-19 vaccine alter my DNA?

**No.** COVID-19 vaccines do not change or interact with your DNA in any way. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against

the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept.

Will getting a COVID-19 vaccine cause me to test positive for COVID-19 on a viral test?

**No.** None of the authorized and recommended COVID-19 vaccines cause you to test positive on viral tests, which are used to see if you have a **current infection**.

If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus.

Can a COVID-19 vaccine make me sick with COVID-19?

**No.** None of the authorized COVID-19 vaccines in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

Can being near someone who got the vaccine affect my menstrual cycle?

**No.** Your menstrual cycle cannot be affected by being near someone who received a COVID-19 vaccine.

Many things can affect menstrual cycles, including stress, changes in your schedule, problems with sleep, and changes in diet or exercise. Infections may also affect menstrual cycles.