

## MYTH



## FACT

The information below is based on guidance from the Centers for Disease Control and Prevention (The CDC) and research published by the Mayo Clinic Health System.

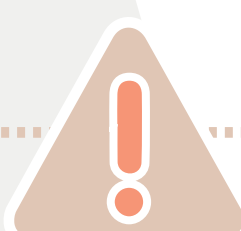
**MYTH:**  
The vaccine is unsafe.



**The vaccine is safe.** Millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone intensive safety monitoring.

The approved vaccines have met the same safety standards as all other vaccines used in the United States – from flu to measles. Further, there are both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe.

**MYTH:**  
The side effects will make me sicker than the virus.



**Long-term side effects of COVID-19, even for asymptomatic people, can be life-altering and last a lifetime.**

Short-term side effects of the vaccine are about the same as a flu shot. The benefits of ending the pandemic far outweigh the potential side effects of the vaccine.

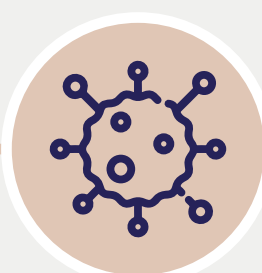
**MYTH:**  
I already had COVID-19 and I have recovered, so I don't need to get a COVID-19 vaccine when it's available.



**There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again.**

Natural immunity from COVID-19 is unknown at this point. The safest way to protect yourself, your co-workers and your family is by getting the vaccine.

**MYTH:**  
More people will die as a result of a negative side effect to the COVID-19 vaccine than would actually die from the virus.



**You cannot get a COVID-19 infection from the COVID-19 vaccines.**

There is no live virus in the vaccine so it is impossible to get COVID-19 from any of the vaccines on the market. Further, the CDC has found an extremely low number of people who have had a reaction to the shot (1 in 11 million). The majority of those who have had a negative allergic reaction had a documented history of allergic reactions.

**MYTH:**  
I have allergies, so I probably shouldn't get the vaccine.



**There is no egg, preservatives, or latex in any of the COVID-19 vaccines.**

In rare cases (0.0011%) some people have a known allergy to a component of the vaccine. You will be asked to stay for 15-30 minutes after you get your vaccine so you can be observed and provided treatment in the rare case it is needed.

**MYTH:**  
The vaccine was made too quickly and isn't trustworthy.



**The vaccine is safe. All the approved COVID-19 vaccines have met the same safety standards as all other vaccines used in the United States, like the flu, measles, and polio.**

Every company followed all necessary safety protocols. COVID-19 vaccines were tested in large clinical trials with thousands of people to make sure they met safety standards. Many people were recruited to participate in these trials to see how the vaccines offer protection to people of different ages, races, and ethnicities, as well as those with different medical conditions.

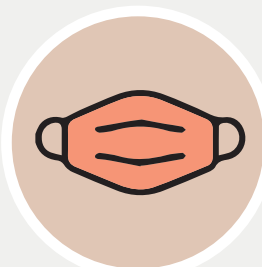
**MYTH:**  
The COVID-19 vaccine enters your cells and changes your DNA.



**The vaccine cannot interact or manipulate the DNA of your cells. mRNA vaccines work by instructing cells in the body to make a protein that triggers an immune response.**

Human cells break down and get rid of the mRNA soon after they have finished using the instructions. The vaccine ingredients only contain elements directly related to fighting the virus and to protecting the vaccine from spoiling.

**MYTH:**  
I won't need to wear a mask after I get vaccinated for COVID-19.



**Continuing with precautions such as mask-wearing and physical distancing will be important.**

While the vaccine may prevent you from getting sick, it is unknown at this time if you can still carry and transmit the virus to others.

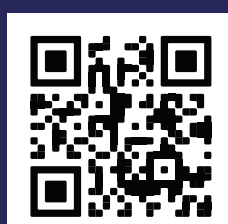
## QUESTIONS?

**For full-time, non-temporary, non-union Sodexo employees:**

If you have additional questions, you can call LifeWorks 24/7, free of charge, at (866) 675-6566 and ask to speak to a registered nurse regarding the COVID-19 vaccine. They are available to address your questions related to getting the COVID-19 vaccine. Calls to LifeWorks are 100% confidential. If you have questions/concerns about your personal health situation, you should speak with your health care provider.

If you do not have a health care provider, the registered nurse can help you find one.

**VISIT: [WWW.US.SODEXO.COM/GETTHEFACTS](http://WWW.US.SODEXO.COM/GETTHEFACTS)**



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