



Busting Myths with the Facts

CDPH has established a **Trust and Safety team** committed to making sure the public has accurate and timely information on COVID-19 vaccination across the State. If you see or hear of any vaccine-related rumors across social media or in your communities, share them with the Trust and Safety team at [Rumorsecdph.ca.gov](https://www.cdph.ca.gov/Rumorsecdph.ca.gov) for awareness and possible action.

Myth: The vaccine is not safe for the Black, Latino and other minority communities.

Fact: COVID-19 vaccines were tested in large clinical trials that included people of different ages, races, and ethnicities, as well as those with pre-existing medical conditions, to make sure the vaccines are safe and effective for everyone. Everyone who participated in the vaccine's trials (as early as March 2020) were closely followed after receiving their vaccine and reported no long-term effects. Click [here](#) to learn more about the different vaccines and their clinical trials.

Myth: COVID-19 vaccines cause adverse reactions.

Fact: Common side effects are usually mild and occur 1-2 days after vaccination. Local side effects include pain, swelling, and redness at the injection site. Other side effects include fever, fatigue, mild headache, chills, and body aches. These side effects are a sign of the body's normal response to the vaccine when building immunity. Not everyone may experience side effects; either way, the vaccines have proven to be effective for all of us. Click [here](#) to learn more.

Myth: It is unnecessary for young, healthy people to get the COVID-19 vaccine.

Fact: As more adults and teens aged 16 and up become vaccinated, our focus shifts to our younger population, as they remain susceptible. The more vaccinations get into the arms of those eligible, the more we stop the spread of COVID-19 and shrink the pool of people vulnerable to it. When anyone is vaccinated against COVID-19, no matter what age, they are not only protecting themselves, but also helping to stop the spread to their friends, older family members, and everyone who works hard to keep our communities safe and open.

Myth: The Pfizer vaccine was not well tested for youth age 12 and up.

Fact: Pfizer's phase three clinical trial enrolled 2,260 adolescents 12 to 15 years of age in the United States and demonstrated 100 percent efficacy. The researchers recorded 18 cases of symptomatic coronavirus infection in the placebo group, and none among the children who received the vaccine, indicating that it was highly effective at preventing symptomatic illness. More information on the clinical trials can be found [here](#).



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Myth: COVID-19 vaccines are going to be a mandatory requirement from the government.

Fact: There is currently no mandatory COVID-19 vaccination requirement from either the state or federal government. Once more and more Californians see how safe and effective the COVID-19 vaccines are, we hope they will voluntarily opt to receive them.

Myth: COVID-19 vaccines cause death.

Fact: Over 324 million doses of COVID-19 vaccines were administered in the United States from 12/14/20 through 6/28/21. During this time, VAERS received 5,718 reports of death (0.0018%) among people who received a COVID-19 vaccine. A review of available clinical information, including death certificates, autopsy, and medical records has not established a causal link to COVID-19 vaccines. *However, recent reports indicate a plausible causal relationship between the J&J/Janssen COVID-19 Vaccine and a rare and serious adverse event—blood clots with low platelets—which has caused deaths.*

Myth: Those pregnant or trying to conceive cannot and should not receive the COVID-19 vaccines.

Fact: If you are pregnant, you can receive a COVID-19 vaccine. Getting a COVID-19 vaccine during pregnancy can protect you from severe illness from COVID-19. Based on how these vaccines work in the body, experts believe they are unlikely to pose a risk for people who are pregnant. However, there are currently limited data on the safety of COVID-19 vaccines in pregnant people. Click [here](#) to learn more.

Myth: The COVID-19 vaccine contains COVID and will give you COVID.

Fact: The vaccines do not contain coronavirus and cannot give you COVID-19. The COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus. Click [here](#) to get a better understanding on how the vaccines work.