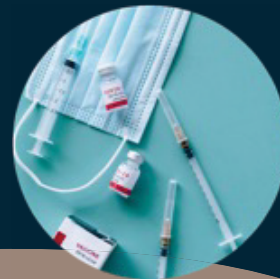


# DEBUNKING COVID-19 MYTHS IN UTAH

Jessica D. Ulrich-Schad, Ph.D., and Aaron Hunt, Ph.D., MPH



As the cold weather approaches and kids return to school and people start spending more time indoors, it is important to get your COVID-19 vaccine or booster. If you are hesitant, read through some common myths we identified from a survey of over 500 adults across the state of Utah. It's not too late to protect yourself, your family, and your community by getting vaccinated or boosted.

## MYTH

**Myth:** COVID-19 vaccines cause serious side effects and are more dangerous than the disease.

**Myth:** People who have had COVID-19 and recovered do not need a vaccine or booster.

**Myth:** COVID-19 vaccines cause serious side effects and are more dangerous than the disease.

**Myth:** COVID-19 vaccines will alter my DNA.

## FACT

**FACT:** Available vaccines were tested in clinical trials on thousands of people to ensure safety and did not skip any steps before being approved by the Food and Drug Administration (FDA).

**FACT:** Getting vaccinated after a previous infection is recommended as it has been shown to reduce the risk of reinfection and the spread to others. It also reduces the chances of new variants developing.

**FACT:** The majority of side effects associated with COVID-19 vaccines are short-term and minor. In comparison, over 1 million people have died from COVID-19 in the U.S., and many suffer from severe long-term complications.

**FACT:** COVID-19 vaccines do not change your DNA in any way. The vaccine provides your body instructions to build protection against the virus that causes COVID-19 and then is discarded.

## Vaccine Stats in Utah

- **1 out of every 3** people (33%) is not fully vaccinated in Utah.



- Compared to fully vaccinated people, unvaccinated Utahns are:
  - **2.2 times** more likely to be hospitalized.
  - **3.6 times** more likely to die from COVID-19.

## Boosters Are Available

New COVID-19 boosters are now available and recommended for people 12 years and older. Schedule your appointment today by visiting the website below or scanning the QR code.

[www.vaccines.gov](http://www.vaccines.gov)



## References

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