



Vaccine Myths

MYTH #1

Vaccines contain many harmful ingredients.

Fact: Vaccines contain ingredients that allow the product to be safely administered. Any substance can be harmful in significantly high doses, even water. Vaccines contain ingredients at a dose that is even lower than the dose we are naturally exposed to in our environment.

MYTH #2

Vaccines cause autism and sudden infant death syndrome (SIDS).

Fact: Vaccines are very safe. Most vaccine reactions are usually temporary and minor, such as a fever or sore arm. It is rare to experience a very serious health event following a vaccination, but these events are carefully monitored and investigated. You are far more likely to be seriously injured by a vaccine-preventable disease than by a vaccine.

MYTH #3

Vaccine-preventable diseases are just part of childhood. It is better to have the disease than become immune through vaccines.

Fact: Vaccines stimulate the immune system to produce an immune response similar to natural infection, but they do not cause the disease or put the immunized person at risk of its potential complications.

MYTH #4

COVID-19 vaccines alter DNA.

Fact: The mRNA that is used in Moderna and Pfizer vaccines, is a template for making virus proteins that then stimulate the body's immune system to produce antibodies that will lead to immunity to the virus. mRNA is rapidly degraded and is not integrated into the individual's own DNA, so it will not alter the genetic code of the individual.

MYTH #5

A child can actually get the disease from a vaccine.

Fact: A vaccine causing complete disease would be extremely unlikely. Most vaccines are inactivated (killed) vaccines, which makes it impossible to contract the disease from the vaccine. A few vaccines contain live organisms, and when vaccinated with live vaccines, it may lead to a mild case of the disease.

MYTH #6

The immune systems of babies are protected through the placenta and breastfeeding, so they don't need vaccination.

Fact: An infant will receive some natural protection against diseases transferred from the placenta, but the level of protection depends on the mother's exposure to disease either by illness or vaccination. Breastmilk is also valuable for protection, but the protection is mainly for germs that infect the gut. The protection received from the placenta and breastmilk can be weak and lasts for a few months.

<https://www.peninsulahealth.org.au/2016/04/15/top-myths-immunisation>

<https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/vaccine-myth-fact>



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