



Busting Common Myths about the COVID-19 Vaccine

To keep our sangats safe, it is important to share factual information about the COVID-19 vaccines with the people we care about and deny untrue claims, whether they appear in social media, on WhatsApp, or in day-to-day conversation. Here are some facts to bust common myths and avoid spreading misleading information; you can also review the Centers for Disease Control's (CDC) 'myths and facts' document [here](#).

There are no known cases of COVID-19 vaccines causing COVID-19 for the recipient. As of the time of writing, both COVID-19 vaccinations authorized for use in the United States do not use 'live virus;' this means there is no risk of contracting the disease from the vaccine, because the germs that cause COVID-19 aren't actually going into our bodies. (Instead, the vaccine 'tricks' our bodies into thinking the virus is present so that it can prepare for when the actual virus attacks; learn more [here](#).)

Vaccines are not known to cause infertility in men or women. According to the [American Society for Reproductive Medicine](#), the [American Academy of Family Physicians](#), and other public health sources, there is no data supporting fears that any COVID-19 vaccines cause an increased risk of infertility, first or second trimester loss, stillbirth, or congenital anomalies.

Vaccines will not alter your DNA. Material from the COVID-19 vaccines cannot enter the part of our cells where DNA is kept, so there is no risk of the vaccine altering your genetic material in any way. The [Centers for Disease Control](#) addresses this concern in their FAQ.

Vaccine ingredients are not sinister or harmful. The ingredients of both vaccines authorized for use in the United States are [readily available](#) online, and they do not contain any [animal products](#). If you are concerned about your body's reaction to specific vaccine ingredients, it is best to discuss them with your doctor.

Vaccines do not involve the use of microchips. This is an entirely unfounded conspiracy theory. Manufacturers publish lists of the ingredients in their vaccines; moreover, the [New York Times](#) and many other reputable news sources have debunked this claim.

Herd immunity without vaccines is not a way out of the pandemic. 'Herd immunity' means that people in a community are protected from getting a disease because enough of the population has already had it. Naturally reaching herd immunity without a vaccine would mean millions more people getting COVID-19, and a number of those people would likely die. Alternatively, vaccines can increase the number of people immune to COVID-19 without having to get the disease. Vaccines have been critical for us to reach herd immunity for other diseases; read more about the history of herd immunity [here](#). Additionally, the more people that get vaccinated or are immune, the harder it is for COVID-19 variants to develop.

Those who are vaccinated should still wash their hands regularly, wear masks, and practice social distancing when possible. Vaccines take time to train our bodies to fight the disease, so be sure to keep wearing your mask in between doses and even after the second dose. It is especially important to take these precautions because we don't know whether or not the vaccines stop us from transmitting the virus to others.

The Sikh Coalition, the North American Sikh Medical and Dental Association (NASMDA), the Sikh Family Center, and the Jakara Movement are working to ensure that all Sikh Americans have access to information and resources regarding vaccinations for COVID-19. Visit thesikh.co/vaccine for more resources, and always consult your doctor with specific inquiries about your personal health.