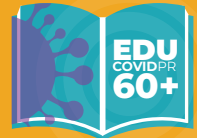


# MYTHS AND REALITIES

## ABOUT THE VACCINE



With the arrival of COVID-19, myths that influence decisions taken by older adults have emerged. These are characterized by containing erroneous information, continuously repeated at a social level. The following are among the most common myths regarding the vaccination process:

The ingredients used in COVID-19 vaccines are dangerous.



Practically all of the ingredients included in COVID-19 vaccines are found in many foods, such as fats, sugars, and salts.



### DISTRUSTING THE VACCINE AND IT'S SAFETY

Vaccine ingredients vary according to the manufacturer. Pfizer and Moderna vaccines contain messenger RNA (mRNA), while Johnson & Johnson/Janssen offers a harmless version from a non-COVID-19 virus. Vaccines provide instructions for the cells of our immune system to create the first line of defense against COVID-19, known as antibodies. This process of developing immunity can take up to two weeks after vaccination. Thanks to this, our body can recognize the virus and protect us. Vaccines DO NOT contain ingredients such as preservatives, tissues (such as cells harvested from abortions), antibiotics, food proteins, medicines, latex or metals.

### WHAT DO COVID-19 VACCINES CONTAIN?

The COVID-19 vaccines contain microchips.



COVID-19 vaccines do not contain microchips. Vaccines are created to fight disease and are not administered to follow your movements.



COVID-19 vaccines cause serious side effects.

Some people experience side effects after getting vaccinated, which is a normal sign that your body is building its own protection. These effects could affect your ability to perform daily activities, but they should disappear within a few days.  
Some people have no side effects and allergic reactions are rare.

MYTH

REALITY

### CONCERN ABOUT SIDE EFFECTS

Adverse reactions that can cause long-term health problems are very rare after any vaccine, including COVID-19. Some people have no side effects and allergic reactions at all.

It is recommended to clarify doubts with your doctor before going to your vaccination appointment or making a decision.

### PREEXISTING CONDITIONS

Older adults have a greater risk of becoming seriously ill from COVID-19. More than 81% of deaths caused by the virus occur in people over 65 years old. The number of deaths among people aged 65 and older is 97 times higher than the number of deaths among people aged 18 to 29.  
It is recommended to clarify your doubts with your doctor before going to your vaccination appointment or making a decision.

I cannot get vaccinated because of my preexisting condition

A person's risk of becoming seriously ill from COVID-19 increases in proportion to the number of underlying conditions and other health considerations they may have. Hence the importance of vaccination to counter the virus and be protected

MYTH

REALITY

**Important considerations:** The examples shown are tools to combat the myths surrounding COVID-19. It is always recommended to consult your doctor and healthcare field specialists to clarify doubts and other recommendations. In the case of preexisting conditions, it becomes even more important to have the opinion of healthcare experts