FACT

The vaccine is safe. Millions of people in the United States have already received one or two doses of COVID-19 vaccines, and these vaccines have undergone intense safety monitoring. 

The approved vaccines have met the same safety standards as all other vaccines in the United States, from flu to measles. Further, there are both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe.

Long-term side effects of COVID-19, even for asymptomatic people, can be life-altering and last a lifetime. Short-term side effects of the vaccine are about the same as a flu shot. The benefits of ending the pandemic far outweigh the potential side effects of the vaccine.

There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again. Natural immunity from COVID-19 is unknown at this point. The called way to protect yourself, your co-workers, and your family is by getting the vaccine.

You cannot get a COVID-19 infection from the COVID-19 vaccines. There is no live virus in the vaccines so it is impossible to get COVID-19 from any of the vaccines on the market. The vaccines do not contain any living virus. As such, there is no chance you can get COVID-19 from the vaccine.

The vaccine is safe. All the approved COVID-19 vaccines have met the same safety standards as all other vaccines used in the United States, like the flu, measles, and polio.

The COVID-19 vaccine cannot interact or manipulate your DNA. mRNA vaccines work by instructing cells in the body to make a protein that triggers an immune response. Human cells break down and get rid of the mRNA soon after they have finished using the instructions. The vaccine ingredients only contain elements directly related to fighting the virus and to protecting the vaccine from spoiling.

The vaccine cannot interact or manipulate the DNA of your cells. mRNA vaccines work by instructing cells in the body to make a protein that triggers an immune response. The vaccine ingredients only contain elements directly related to fighting the virus and to protecting the vaccine from spoiling.

Continuing with precautions such as mask-wearing and physical distancing will be important. While the vaccine may prevent you from getting sick, it is unknown at this time if you can still carry and transmit the virus to others.

QUESTIONS?

For full-time, non-temporary, non-union Sodexo employees:

If you have additional questions, you can call LifeWorks 24/7, free of charge, at (866) 675-6566 and ask to speak to a registered nurse regarding the COVID-19 vaccine. They are available to address your questions related to getting the COVID-19 vaccine. Calls to LifeWorks are 100% confidential. If you have questions/concerns about your personal health situation, you should speak with your health care provider.

If you do not have a health care provider, the registered nurse can help you find one.

VISIT: www.us.sodexo.com/getthefacts

MYTH:
The vaccine is unsafe.

MYTH:
The side effects will make me sicker than the virus.

MYTH:
The COVID-19 vaccine enters your cells and changes your DNA.

MYTH:
I already had COVID-19 and I have recovered, so I don’t need to get a COVID-19 vaccine when it’s available.

MYTH:
I have allergies, so I probably shouldn’t get the vaccine.

MYTH:
I won’t need to wear a mask after I get vaccinated for COVID-19.

Source: CDC (The Center For Disease Control and Prevention)