



Make an informed choice about COVID-19 vaccines and take care of your mind, body, emotions, spirit and community.

TRUTH:

Know the facts behind COVID-19 vaccines and how to find helpful information to make decisions.

COVID-19 Vaccine Frequently Asked Questions

Truth – Knowing the facts about vaccines



Myth: We can't trust COVID-19 vaccines because they were rushed

Truth: The first vaccines for COVID-19 do involve new technology, and they were developed in record time. But it is not because there were shortcuts in the process.

Myth: We don't know what's in these vaccines.

Truth: The ingredients of all vaccines are reviewed and posted by Health Canada. This supports people with allergies to determine if they are allergic to any of the ingredients. The only ingredients in vaccines are ones that are needed so they can work properly and help you build immunity.

Myth: I already had COVID-19, so I don't need the vaccine.

Truth: We do not yet know how long natural immunity to COVID-19 lasts. Getting a COVID-19 vaccine will help ensure that you are immune to COVID-19 until we know more.

Myth: These vaccines will alter my DNA.

Truth: The vaccines use mRNA to instruct our cells to make a piece of the coronavirus's spike protein to create an immune system response in the body. Once the mRNA does that, our cells break it down and get rid of it.

Myth: Since COVID-19's survival rate is so high, I don't need a vaccine.

Truth: It's true that most people who get COVID-19 are able to recover. But it's also true that some people develop long-lasting symptoms. Getting the vaccine protects you from getting COVID-19 and when many people get the vaccine it will help to stop the spread of the virus and protect everyone in the community including people who cannot get the vaccine (e.g. children) and those who could become severely ill.

Myth: Indigenous Peoples were identified as a priority group and selected to be one of the first to receive the vaccine because they are the 'Guinea pigs' or 'test subjects'.

Truth: The social determinants of health put Indigenous Peoples at higher risk for COVID-19 and negative effects. The vaccines are being made available to Indigenous Peoples in response to the different needs of the population and to help protect our communities so we can all stay safe.



How can I carefully choose information about COVID-19 and COVID-19 Vaccines?

Choosing reliable and safe information about COVID-19 and about vaccines is important for keeping yourself and your loved ones safe. There is a large amount of information available and sometimes it can be confusing to know what information is helpful and what information is harmful. Try using these steps to choose helpful health information for you.



Look at who is giving the information:

- Is the information from a credible source that is an expert in the area (e.g. your healthcare provider, public health unit)?
- Is the information source trustworthy? Do they have anything to gain from giving you incorrect information?



Look at how old the information is:

- COVID-19 information changes quickly – is the information you're reading older than a few months?
- Does the information you are reading provide a date of when it was updated?



Look at the accuracy of the information:

- Does the information come with sources that you can follow-up with to understand where the information came from?
- Does the language seem biased to you? Does the language use scare tactics or fear to influence your decision?



Look at the purpose of the information:

- Is the information fact, someone's opinion, or propaganda?
- Does the information appear impartial or objective? Does the information seem like it's driven by the poster's emotions?

When in doubt, talk to a trusted person at your local Indigenous service information or a healthcare provider for more information. You are encouraged to ask questions about the vaccines, the risks, and the benefits so you can make the decision that's right for you.

TRUTH

