

# Myths and Facts About COVID-19



**Because of COVID, I don't need a flu shot.**

False. It's still a good idea to get your flu shot because flu season goes all the way through the Spring.

**Masks are bad for you and unhealthy.**

False. Wearing a cloth face covering, even if you do not have symptoms of COVID-19, helps prevent the virus from spreading and helps keep you and other people healthy. And wearing a mask doesn't harm you. You're getting all the oxygen you need, and your carbon dioxide levels aren't rising.

**Young people don't get sick from COVID.**

False. In many places, younger people have the highest rates of new COVID-19 infections. Young people do get sick from COVID-19—some have died—and can spread the virus that causes COVID-19 to others. Some young people have less severe symptoms, because their immune systems are healthy, but many young people will still feel very sick if they get infected with COVID-19.

**I can't get the COVID vaccine.**

Partially true. There are two vaccines approved right now, and only one (Moderna) is allowed to be used on people who are as young as 16; the other vaccine (Pfizer) is only for adults. But that will be changing in the next few months. Vaccine companies are now studying the vaccines in people under age 18, and soon we will know when they are safe to use for children.

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## LEARN MORE ABOUT THE VACCINE AT:

Greater Lowell Health Alliance: [greaterlowellhealthalliance.org/covid-19](https://greaterlowellhealthalliance.org/covid-19)

Lowell Community Health Center: [lchealth.org/patients/covid-19-updates](https://lchealth.org/patients/covid-19-updates)

CDC: [cdc.gov/coronavirus/2019-ncov/vaccines/faq.html](https://cdc.gov/coronavirus/2019-ncov/vaccines/faq.html)

MA DPH: [mass.gov/info-details/covid-19-updates-and-information# covid-19-vaccine-](https://mass.gov/info-details/covid-19-updates-and-information# covid-19-vaccine-)

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