

Myths and Facts About COVID-19



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

False. It's a good idea to get your flu shot because flu season goes all the way through the Spring. By getting vaccinated you are making sure this infection does not continue to mutate into deadlier variants.

I can't get the COVID vaccine.

Mostly false. Vaccines have been approved for people ages 5 and over, though if you are under 18 you may need a parent to either come with you to your appointment or to send you in with a signed consent form. It is a lesser dose of the same vaccine adults get and the needle is smaller, but it's your best option for protection against COVID and its variants. More studies for children under 5 are under way. COVID-19 vaccines have undergone – and will continue to undergo – the most intensive safety monitoring in U.S. history.

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, especially the more transmissible Delta variant, 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.

ADDITIONAL RESOURCES:

www.massadvocates.org/covid-clearinghouse

wecandothis.hhs.gov/communicating-children-and-parents

www.cdc.gov/media/releases/2021/s1102-PediatricCOVID-19Vaccine.html

www.mayoclinic.org/coronavirus-covid-19/covid-variant-vaccine

The Northeast Recovery Learning Community: VaxAbilities.com

COVID Vaccine events offering additional on-site support for children and adults with disabilities and sensory support needs across Massachusetts.

Eventos de vacunación contra el COVID-19 ofreciendo apoyo presencial para niños y adultos con discapacidades y necesidades de apoyos sensoriales por todo Massachusetts.

LEARN MORE ABOUT THE VACCINE AT:

Greater Lowell Health Alliance: greaterlowellhealthalliance.org/covid-19

Lowell Community Health Center: lchealth.org/patients/covid-19-updates

CDC: cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

MA DPH: mass.gov/info-details/covid-19-updates-and-information# covid-19-vaccine-



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*Source: CDC | Rev. 12/21