

**As of November, 2022,  
966,009 people  
have been  
infected and  
12,540 have died  
of COVID-19 in Arkansas.**

Make an appointment today to get vaccinated.

Keep up with the COVID-19 rates in your area:

[https://www.cdc.gov/coronavirus/  
2019-ncov/your-health/  
covid-by-county.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html)

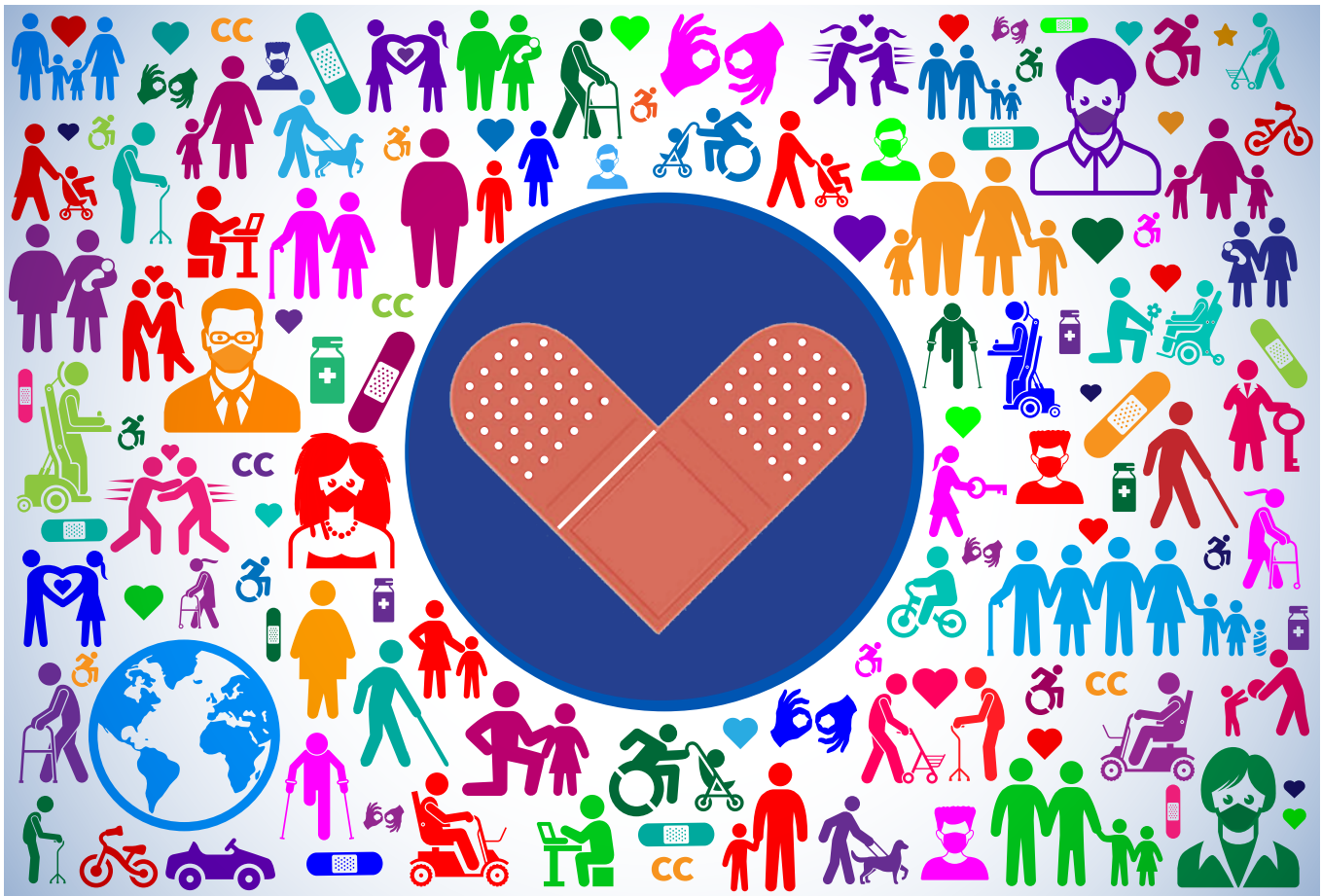


Project ALIVE



Accessible Life-saving Integrated Vaccine Equity





# Stay safe. Stay healthy.

We've got your back.

If you haven't gotten all your COVID-19 vaccines, including the boosters, it's time! Your CIL is your trusted source to find an accessible vaccine site near you.

Ask someone at your CIL today!



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# MYTH

Ingredients in the COVID-19 vaccine are dangerous.

# FACT

**Nearly all ingredients in vaccines are also ingredients in many foods – including fats, sugars, and salts.**



All COVID-19 vaccines teach your body to fight COVID-19.

Different types of vaccines work in different ways to offer protection. None of the COVID-19 vaccines can give you COVID-19.

## Be safe and get vaccinated.



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Source: CDC "Myths and Facts about COVID-19 Vaccines" <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

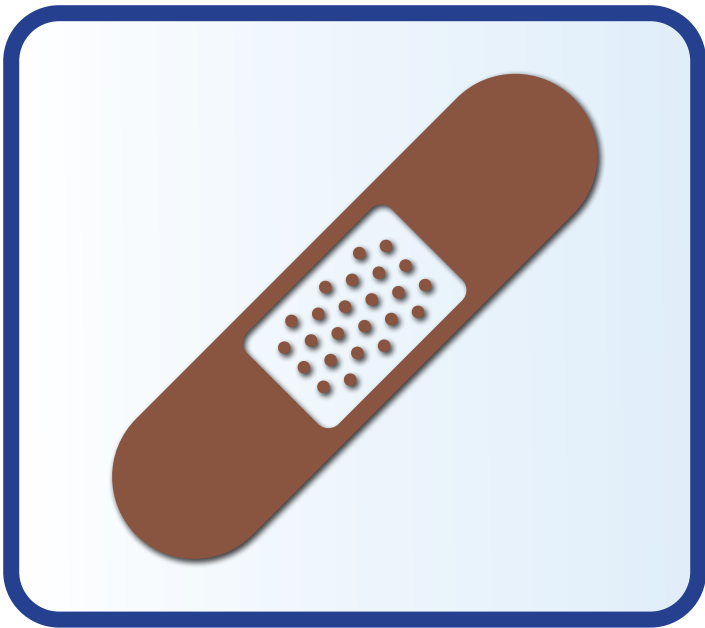
Project ALIVE was supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,900,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

# MYTH

A COVID-19 vaccine can make me sick with COVID-19.

# FACT

**None of the COVID-19 vaccines cause COVID-19.**



While some people experience side effects, they are not getting COVID-19 from the vaccine. Side effects usually go away after a few days. **If your arm is sore, or you have mild symptoms - that's how you know the vaccine is working.**

If you experience possible side effects, you can report them at <https://vaers.hhs.gov/>



## Vaccines help keep you and your loved ones healthy.



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Source: CDC "Myths and Facts about COVID-19 Vaccines" <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

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# MYTH

Natural immunity is better than getting vaccinated.

# FACT

**The COVID-19 vaccine is safer because it builds immunity *without* having to be sick with the virus.**



Getting COVID-19 is deadly and can create long-term health problems.

The COVID-19 vaccine helps you stay safe.

The more people vaccinated, the greater the community's immunity.



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Source: CDC "Myths and Facts about COVID-19 Vaccines" <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

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# MYTH

COVID-19 is no more serious than the flu.

# FACT

**Compared to the flu, COVID-19 can make you sicker and is easier to spread.**



Getting COVID-19 can be worse than getting the flu. You can get sicker, and spread COVID-19 for a longer period of time than the flu. You may even get others sick without showing symptoms.

Don't spread COVID-19;  
stay masked and get vaccinated!



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Source: CDC "Myths and Facts about COVID-19 Vaccines" <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

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# MYTH

You recover from COVID-19 and are done with it.

# FACT

**People respond to COVID-19 differently and recover from COVID-19 on their own timeline.**



While not all people experience serious symptoms after getting COVID-19, you may be recovering for weeks or months, or may even die. Some people also don't fully recover and have long-term symptoms, known as Long or Post-COVID.

Get vaccinated today, live well tomorrow.



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# MYTH

COVID-19 vaccines will affect my fertility.

# FACT

**No vaccine, including the COVID-19 vaccine, causes problems becoming pregnant.**



Vaccines will help you stay alive and healthy to raise your children.

Be safe and get vaccinated.



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Source: CDC "COVID-19 Vaccines While Pregnant or Breastfeeding"

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

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# MYTH

Pregnant people should not get the COVID-19 vaccine.

# FACT

**The COVID-19 vaccine is *safe* and *effective* in protecting your baby and you during pregnancy and breastfeeding.**



If you have COVID-19 during your pregnancy, you are at risk of complications that can affect your baby and you.

If you are pregnant or were recently pregnant, you are more likely to get very sick from COVID-19.

Get vaccinated to protect yourself and your developing baby.



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Source: CDC "COVID-19 Vaccines While Pregnant or Breastfeeding"

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

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# MYTH

There's no use in getting vaccinated because new variants keep popping up.

# FACT

**Vaccinations can help stop new variants.**



As the virus spreads, it is likely to change. High vaccination rates reduce spread and help prevent new variants.

The more people vaccinated, the less chance a virus will spread.

The more people vaccinated,  
the safer your community.



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Source: CDC "Myths and Facts about COVID-19 Vaccines" <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

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# MYTH

There is no need to wear face masks.

# FACT

**Wearing a face mask prevents COVID-19 from spreading.**



COVID-19 is dangerous, and more inconvenient than wearing a mask. Masks prevent the virus from going into the air.

Some people with disabilities can't wear masks. Talk with your doctor or someone at your CIL to find options for you.

Protect your loved ones and yourself; wear a mask.



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Source: Source: CDC "Types of Masks and Respirators" <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>

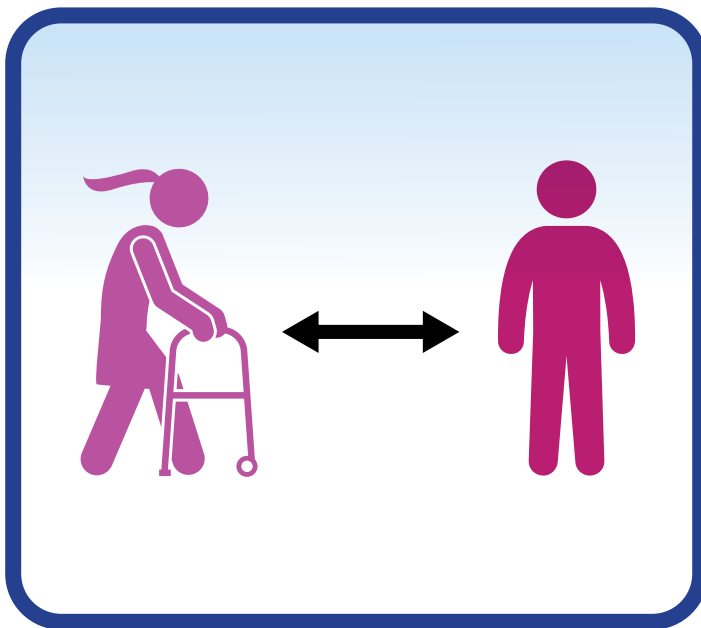
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# MYTH

Social distancing doesn't make a difference; you either will or won't catch COVID-19.

# FACT

**Being too close to people who may have COVID-19 increases your chances of getting COVID-19.**



The closer you are to others, the more likely you will get COVID-19. Distancing protects people you want to keep safe.

Avoid crowded areas; keep distance between yourself and others.



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Source: CDC "Understanding Exposure Risks" <https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html#:~:text=Being%20closer%20to%20someone%20who,to%20someone%20with%20COVID%2D19>.

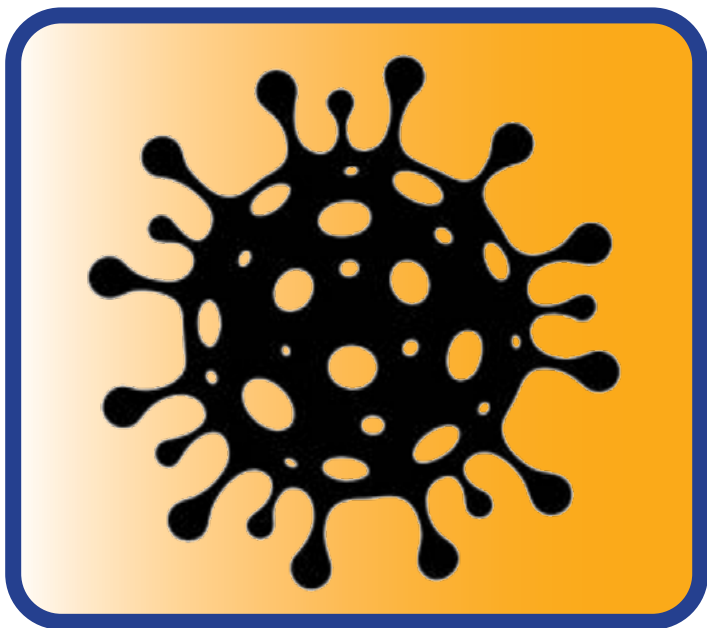
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# MYTH

There is a cure for COVID-19.

# FACT

**There is no cure for COVID-19.**



Several dangerous myths exist about prevention measures and cures, such as drinking alcohol, bleach, or homemade treatments.

None of them work, and some, such as drinking bleach or drinking too much alcohol, can be harmful.

## Don't be harmed by rumors about cures and prevention!



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Source: Mayo Clinic "Coronavirus disease 2019 (COVID-19)" <https://www.mayoclinic.org/diseases-conditions/coronavirus/diagnosis-treatment/drc-20479976>

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