

# COVID-19 BOOSTER



## IT'S TIME TO BUST THE MYTHS

### **MYTH #1: I already had COVID so I don't need it.**

**NO!** Just because you had COVID once doesn't mean you can't get it again. There are different kinds of COVID viruses ("variants"). So getting a booster shot is your best protection - It usually lasts longer and protects you from more than one kind.

### **MYTH #2: The booster will change my DNA.**

**NO!** The COVID booster shots do not change your DNA in any way. The vaccine sends instructions to your body to know how to tell if the virus is there. Then your body can defend you from getting sick.

### **MYTH #3: It's dangerous to get when pregnant.**

**NO!** There is no evidence that getting boosted is dangerous to women who are already pregnant or want to get pregnant. In fact, getting COVID-19 is dangerous to both the woman and her baby. So getting boosted is your best protection!

### **MYTH #4: The booster was created too quickly.**

The booster is based on science from almost 20 years ago, so making them went quicker than if scientists were starting from scratch. The companies that make them were also given a lot of resources so that they could be made quickly.

Source: Centers for Disease Control and Prevention



It's not too late to make a difference.

**Get your booster shot to boost your shot today!**

Learn more at [tinyurl.com/boostyourshot](https://tinyurl.com/boostyourshot)

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