

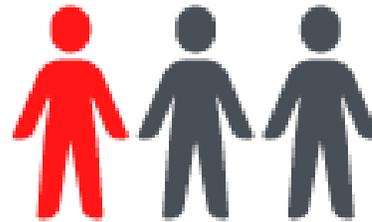
Debunking COVID-19 Myths in Utah



As the cold weather approaches and kids return to school and people start spending more time indoors, it is important to get your COVID-19 vaccine or booster. If you are hesitant, read through some common myths we identified from a survey of over 500 adults across the state of Utah. It's not too late to protect yourself, your family, and your community by getting vaccinated or boosted.

Myths	Facts
Myth: COVID-19 vaccines are not safe because they were rapidly developed and tested.	Fact: Available vaccines were tested in clinical trials on thousands of people to ensure safety and did not skip any steps before being approved by the Food and Drug Administration (FDA).
Myth: People who have had COVID-19 and recovered do not need a vaccine or booster.	Fact: Getting vaccinated after a previous infection is recommended as it has been shown to reduce the risk of reinfection and the spread to others. It also reduces the chances of new variants developing.
Myth: COVID-19 vaccines cause serious side effects and are more dangerous than the disease.	Fact: The majority of side effects associated with COVID-19 vaccines are short-term and minor. In comparison, over 1 million people have died from COVID-19 in the U.S., and many suffer from severe long-term complications.

Myths	Facts
Myth: COVID-19 vaccines will alter my DNA.	Fact: COVID-19 vaccines do not change your DNA in any way. The vaccine provides your body instructions to build protection against the virus that causes COVID-19 and then is discarded.



Vaccine Stats in Utah

- **1 out of every 3** people (33%) is not fully vaccinated in Utah.
- Compared to fully vaccinated people, unvaccinated Utahns are:
 - **2.2 times** more likely to be hospitalized.
 - **3.6 times** more likely to die from COVID-19.

Boosters Are Available

New COVID-19 boosters are now available and recommended for people 12 years and older. Schedule your appointment today by visiting www.vaccines.gov

For more USU Extension COVID-19 resources, visit <https://extension.usu.edu/covid-19/>

References

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