

# Vaccine Facts from Ontario's Doctors

There's a lot of misinformation out there about vaccines that simply isn't true, whether about the **COVID-19** vaccine or any other kind of vaccine. Here are the facts.

## Vaccines are safe

All vaccines approved for use by Health Canada must be shown to be safe and effective. This is done through at least three phases of clinical trials. In each phase, the vaccine is given to ever larger numbers of people.

Many medications have side effects as they make you better, and vaccines are sometimes no different as they protect you from getting sick.

It's true there are some mild side effects such as soreness in the area of the injection, a headache, or in rare cases a mild fever. However, the dangers of serious infectious diseases are far more severe than any mild side effect of a vaccine.



## Vaccine allergies are extremely rare

A lot of opposition to vaccination centres on concerns about allergies. And it's true, out of every million vaccinations, one or two people may have a serious allergic reaction. That's 0.0001%. By comparison, the odds of being hit by lightning are one-in-700,000.

So allergic reactions to vaccines are very rare. Yet for that one person in a million, also potentially serious. It's important to remember that serious allergic reactions take place almost instantly. That means the person will be in a doctor's office or other health care setting where they can receive the care they need to control the reaction and recover.

## Vaccines don't infect you with the disease

Vaccines will not infect you with the disease they're meant to protect you from.

### Get the Facts

Getting accurate information is key. If you have any questions or concerns about vaccine safety, please contact your family doctor. More information is also available at the following websites:

[askontariodoctors.ca](http://askontariodoctors.ca)

[covid-19.ontario.ca/covid-19-vaccine-safety](http://covid-19.ontario.ca/covid-19-vaccine-safety)