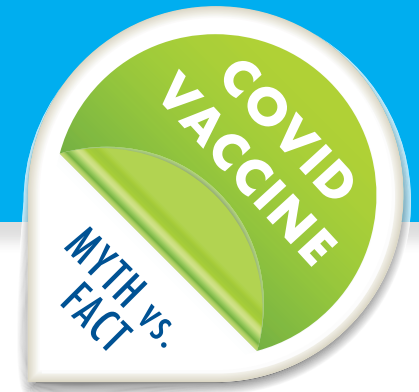


# HAWTHORN MEDICAL

# *in this together*

WE ARE THANKFUL FOR OUR PHYSICIANS AND STAFF WHO GO ABOVE AND BEYOND TO PROVIDE COMPASSION AND CARE THROUGH COVID-19.



**MYTH:** I may get COVID from the vaccine.

**FACT:** There is no COVID virus in the vaccine.

The vaccine teaches our immune systems how to recognize and fight the virus. Sometimes this process can cause symptoms, such as fever. Having symptoms is normal and a sign that the body is building protection against the virus. It takes a few weeks for the body to build immunity after vaccination. It is possible for a person to be infected with the virus just before or just after vaccination and get sick.

**MYTH:** I don't really need the vaccine because COVID-19 kills only 1 percent of people.

**FACT:** Getting the vaccine is important for everyone because it protects you as well as others. Even if you are not in a high-risk group, getting the vaccine can help protect from potentially severe and life-threatening effects of COVID-19. In addition, the vaccine may prevent you from spreading the virus to your loved ones.

**MYTH:** If I chose not to get the vaccine it will not affect people around me.

**FACT:** If you chose not to get the vaccine, you could get COVID and spread it to others, including people who have not yet been vaccinated.

**MYTH:** The vaccine contains harmful ingredients and will cause changes to my DNA.

**FACT:** There is no evidence that the vaccine contains harmful ingredients and it will not make permanent changes to your DNA. The Pfizer and Moderna vaccines are different from other vaccines. Instead of containing weakened or inactive portions of the virus, they contain messenger RNA (mRNA). Using genetic code, these vaccines teach your body how to make specific parts of the virus. This triggers the immune system to attack and destroy the virus. The mRNA does not get inside the nucleus of cells where the DNA is located.

**MYTH:** The vaccine is dangerous because of how quickly it was developed and approved.

**FACT:** Although the vaccine process was quick, all normal safety protocols were followed. All vaccines must go through extensive clinical trials. Developers must show that their vaccines are safe and effective against the disease. The FDA, CDC and the Advisory Committee on Immunization Practices evaluated the vaccines and data shows that both Pfizer and Moderna vaccines are safe.

**"We encourage staff and patients to get the vaccine, when it is available to them."**

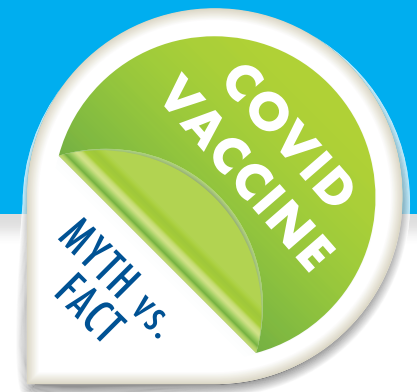
With the availability of COVID vaccines, we have begun vaccinating health care personnel following the guidelines from the CDC, FDA and the Advisory Committee on Immunization Practices (ACIP) regarding the priority of who gets the vaccine.

We encourage staff and patients to get the vaccine, when it is available to them, as it will help our community put an end to this pandemic, reduce the number of cases, and help us return to a sense of normality. The Hawthorn medical staff have placed their trust in the science behind the vaccines as it has been deemed safe and effective by the FDA.

In addition to getting the vaccine, you should continue practicing all safety measures – wearing a mask, practicing social distancing (6 feet apart from others) and washing your hands frequently.

HAWTHORN MEDICAL *in this together*

“According to leading experts,  
70 percent of Americans need to be  
vaccinated to achieve herd immunity.”



**MYTH:** If I've already had COVID, I don't need the vaccine.

**FACT:** Even people who have had COVID should be vaccinated. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests that natural immunity may not last very long and re-infection is possible.

**MYTH:** I don't need the vaccine because enough other people will get it and that will protect me.

**FACT:** It takes about 70 percent of the population to get the vaccine before we have herd immunity. Since there are some people who have medical conditions that prevent them from getting the vaccine, and because the vaccine is approved for adults only, as many adults as possible should get the vaccine.

**MYTH:** I will get sore and sick after I get the vaccine.

**FACT:** Some people will have pain or swelling at the site of the vaccine. Other people have noticed that they are tired or achy over the next few days. But, for most people, side effects are mild and do not interfere with daily life.

**MYTH:** I can get vaccinated anytime I want.

**FACT:** Although the goal is to vaccinate as many people as possible, health care workers, first responders, and those in congregate care facilities were prioritized in the State's Phased Vaccination Plan.



PLEASE CONTINUE TO WEAR A FACE COVERING,  
WASH HANDS AND SOCIAL DISTANCE.



**Hawthorn Medical Associates**

An Affiliate of STEWARD HEALTH CARE NETWORK

HAWTHORN MEDICAL ASSOCIATES  
535 FAUNCE CORNER ROAD, MA 508-996-3991  
HAWTHORNMED.COM