

ACCESSING RELIABLE INFORMATION ABOUT THE COVID-19 VACCINES



COVID-19 vaccines are being rolled out across the globe.¹

The vaccines are an important tool that can help protect you and your loved ones.²

It is important that everyone has access to reliable information about the COVID-19 vaccines.

Accurate information about the COVID-19 vaccines enables us to make an informed decision about having a vaccination. There is a lot of incorrect information being shared about the COVID-19 vaccines, particularly on social media sites. This misinformation is traveling fast.³

Safety of the COVID-19 vaccines

COVID-19 vaccines have been studied in great detail. The studies show that they are effective at stopping a person getting coronavirus. They also reduce the risk of you becoming seriously ill if you do catch the virus.²

There are numerous groups and organizations who are working hard to spread vaccination myths. Many of these anti-vaccination groups are seeking financial gains, or are motivated by spreading hate or conspiracy theories.³ Anti-vaccination promoters often take a small grain of truth and twist, embellish, and alter it so that it is no longer true. Even when these myths have been shown to be false, they are still often shared and believed. Here are some clarifications^{4,5}:

- There is no evidence that the COVID-19 vaccines affect women's fertility
- The COVID-19 vaccines do not contain microchips, implants, animal products, or fetal tissue
- Getting a COVID-19 vaccine does not give you COVID-19
- The COVID-19 vaccines cannot change your DNA

If you are worried about having the COVID-19 vaccine, seek out reliable safety information so you can make an informed decision.

Reliable information about the COVID-19 vaccines

Use official government or health organization sites to find out about the vaccines available and the vaccination process. Here are some useful resources for different locations around the world:

- [World Health Organization](#)
- [Pan American Health Organization](#)
- [Western Pacific World Health Organization](#)
- [Eastern Mediterranean World Health Organization](#)
- [Africa World Health Organization](#)
- [Centers for Disease Control and Prevention](#)
- [European Medicines Agency](#)
- [Public Health England](#)

Responsible sharing

There are some quick guidelines that can be followed before sharing information online. SHARE: **Sources, headline, analyze, retouched, errors.**⁶

Use official, reliable **sources** for information; read to the end of an article, not just the headline; use your own knowledge to **analyze** the information; be on the lookout for misleading, inaccurate, **retouched** images; and look out for **errors**, as official information is carefully checked and mistakes can be a red flag.⁴

Visit the [World Health Organization](#) or the [Centers for Disease Control and Prevention](#) for more information. If you have any questions about COVID-19 vaccinations, please contact your Cigna representative.



1. Coronavirus (COVID-19) vaccinations. Our World in Data. <https://ourworldindata.org/covid-vaccinations>. Accessed March 01, 2021.
2. Benefits of Getting a COVID-19 Vaccine. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>. Updated January 5, 2021. Accessed March 01, 2021.
3. Pushing back - tackling the anti-vax movement. British Medical Association. <https://www.bma.org.uk/news-and-opinion/pushing-back-tackling-the-anti-vax-movement>. Published January 11, 2021. Accessed March 01, 2021.
4. COVID-19 vaccines: myth versus fact. Johns Hopkins. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccines-myth-versus-fact>. Published January 13, 2021. Accessed March 01, 2021.
5. Coronavirus (COVID-19) vaccine. NHS. <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>. Reviewed February 26, 2021. Accessed March 01, 2021.
6. Be careful what you share. Things aren't always what they seem online. Share Checklist. <https://sharechecklist.gov.uk/>. Accessed March 01, 2021.



Together, all the way.®