



## P R E S S   R E L E A S E

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### **NORTHERN CALIFORNIA HEALTH OFFICERS BUST MYTHS ABOUT VACCINE**

SHASTA COUNTY – With the rise in case rates and circulation of the highly infectious delta variant, health officials strongly encourage community members to arm themselves with facts and reconsider their decisions to delay or forego getting vaccinated. The Rural Association of Northern California Health Officers recently released a statement to reassure residents that the COVID-19 vaccine is safe, effective and protects people from serious illness and death.

The health officers also busted some myths:

**Myth #1:** “I have had the virus, so I won’t get it again.”

**Fact:** The COVID-19 vaccines result in high levels of protection, while immunity from past infection is unpredictable.

**Myth #2:** “Getting the vaccine is worse than getting COVID-19. Plus, I’m young and healthy.”

**Fact:** COVID-19 vaccination is safer, more effective and more predictable than the infection, regardless of your age.

**Myth #3:** “The vaccine is experimental - it was rushed into use.”

**Fact:** The science used to create COVID-19 vaccines is decades old, is not experimental, and hundreds of millions of people who’ve received the vaccine are proof it is safe and effective.

**Myth #4:** “The vaccine will make me sterile.”

**Fact:** COVID-19 vaccines do not reduce fertility.

**Myth #5:** “The vaccine will mess around with my DNA. Somebody is trying to rewrite our genetic code.”

**Fact:** COVID-19 vaccines can’t change your DNA. Their only long-lasting effect is to protect you from COVID-19 infection in the future.

**Myth #6:** “We don’t know what the long-term consequences of these vaccines are.”

**Fact:** Long-term adverse effects of the vaccine are unlikely, but we are definitely seeing long-term effects from COVID-19 infection itself, even in those who had mild to no symptoms.

The RANCHO group has met regularly since the start of the pandemic and includes the health officers from Del Norte, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Shasta, Siskiyou, Tehama and Trinity counties.

The entire statement, including more detailed answers for each of the myths, can be found on the Current News page of [www.shastaready.org](http://www.shastaready.org).

Getting vaccinated is free, easy and quick. Walk-in clinics are available for anyone 12 and older from 10 a.m. to 6 p.m. Fridays through Sundays at Redding Senior Center, 2290 Benton Drive. For other vaccination options, go to [ShastaReady.org](http://ShastaReady.org) and click Vaccinations, or visit [www.myturn.ca.gov](http://www.myturn.ca.gov). Right now, 49.2% of eligible Shasta County residents have received at least one dose of vaccine and 40.8% are fully vaccinated, which is well below the state percentages of 71.4% with at least one dose and 61.9% fully vaccinated.

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