

MYTH VS. FACT: VACCINE EDITION

Buckle up and get ready to separate myths from facts—because when it comes to vaccines, the truth keeps you in the fast lane to protection.

MYTH 	FACT 
Vaccines aren't safe for dialysis patients	Vaccines are carefully recommended to protect dialysis and transplant patients from serious illness . Your care team ensures they're safe and effective for you
Vaccines contain dangerous chemicals	Ingredients like aluminum or formaldehyde are present in tiny, safe amounts —often less than what we encounter daily in food or the environment.
Natural immunity is better	Natural infection can lead to serious illness or death . Vaccines offer immunity without the risk .
Too many vaccines overwhelm the immune system	The immune system handles thousands of antigens daily . Multiple vaccines are safe—even for infants.
Healthy people don't need vaccines	Even healthy individuals can spread disease to vulnerable people. Vaccination protects the community.
Vaccines aren't tested enough	Vaccines go through rigorous clinical trials and ongoing safety monitoring before approval.
COVID-19 vaccines alter DNA	mRNA vaccines do not interact with DNA . They teach cells to fight the virus and then break down.
You can get sick from the vaccine	Most vaccines use inactivated or weakened viruses . You might feel mild symptoms, but not the disease itself.
Pregnant people shouldn't get vaccinated	Vaccines like flu and Tdap are recommended during pregnancy to protect both mother and baby.
Vaccines contain microchips	Nope. That's pure fiction. No vaccine contains tracking devices.
The flu vaccine contains mRNA technology.	The flu vaccine does not contain mRNA . Most flu vaccines use inactivated (killed) viruses or live attenuated (weakened) viruses to help your body build protection against the flu. These are traditional methods that have been safely used for decades.