

## **Zombies, Infertility and Other Vaccine Myths**

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Despite what many of you have been told, the zombie apocalypse will not happen once we all get inoculated with any form of COVID-19 vaccine. Fatigue may be a potential side effect, but not a zombie-like fatigue.

All jokes aside, there is much misinformation swirling around out there about potential side effects of the COVID-19 vaccines. Google doctors and social media gurus are warning us of everything from infertility, to vaccines altering our DNA, to the government using vaccines as a way to implant microchips into all of us.

Rest assured, none of these are true.

All vaccines that are distributed in Canada go through a very stringent and thorough review process by Health Canada. This includes all COVID-19 candidates, such as the Pfizer and Moderna varieties.

“These vaccines were rushed through! They’re not safe!”

This is another common misconception. Through an interim order signed by the Minister of Health on March 18, 2020, Health Canada officials were permitted to expedite their review of all COVID-19 vaccines.

That does not mean corners were cut nor does it mean that a thorough review was sacrificed to allow for a rushed approval and distribution of vaccines across Canada.

Before any vaccine reaches the arms of Canadians, Health Canada officials review them to confirm they meet all requirements of the *Food and Drugs Act* and all associated regulations. Researchers are also required to assess and weigh all risks and benefits of each vaccine individually, to ensure Canadians are receiving products that are safe, effective and of the highest possible quality and standard.

That being said, the risk of possible side effects are a reality with all forms of vaccination – and COVID-19 vaccinations are no exception. Soreness around the injection site. A mild fever. Short-term fatigue. These are all common effects with any vaccine, including your annual flu shot, and should not dissuade anyone from being inoculated.

To avoid any potential allergic reactions, it's always a good idea to speak with whoever is administering the shot about any allergies you have. They will have information about the ingredients contained within the vaccine and will be able to advise you on whether or not to get the shot.

Lastly, there are number of reliable websites you can go to for accurate vaccine information:

**[www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters)  
[canada.ca/coronavirus-info-indigenous](http://canada.ca/coronavirus-info-indigenous)**

Viruses such as COVID-19 can be fatal; misinformation about vaccines can make them that much more dangerous. Let's trust the science. Vaccines have been and will always be our best defense.