

COVID-19 Vaccines and Fertility. Should we be concerned?



You may have heard that mRNA vaccines, such as those from Pfizer and Moderna, can change your DNA or they will interfere with your chances of having a baby. It's good to have questions and be informed! **Here's what you need to know about COVID-19 vaccines.**



What's inside mRNA vaccines?

The mRNA vaccines contain messenger RNA, water, sugar, salts and lipids or fats that are not of animal origin. **Vaccines do not contain the live virus so they can't reproduce in your body to make you sick.**



How do vaccines work?

Your body reads the mRNA code and creates a spike protein similar to the one in the COVID-19 virus. Your cells recognize these proteins as a threat and destroy them creating antibodies in this process. If you get exposed to the virus, your body now has antibodies to protect you.



Do vaccines change my DNA?

No, your body destroys the mRNA after using it and does not interfere with your own DNA. You can think of this process as a Snapchat, **it disappears quickly and does not stay in the body long term.**



Can vaccines cause long-term side effects like infertility?

No, there is absolutely no evidence that the vaccine interacts with the parts of our body involved with fertility such as our brain and our reproductive systems.



Can I have children after receiving the COVID-19 vaccine?

Yes, 23 people got pregnant after receiving the vaccine during the Pfizer-BioNTech clinical trials. So far, no adverse effects have been reported in these people.