

Centers For Disease Control (CDC) Facts

- In February 2020 doctors estimated 500,000 deaths due to COVID. By March 5, 2022 that number was 959,981 deaths
- 74.4% (712,185) COVID deaths are in the 65 and over age group
- 21.4% (204,677) COVID deaths are in the 45-64 age group
- 4.2% (40,244) COVID deaths are under the age of 45
- Effective vaccination rates for annual flu shots are 40 - 60%
- Effective vaccination rates for COVID-19 are over 90%
- Unvaccinated people are about 6 times more likely to test positive than vaccinated people, 9 times more likely to be hospitalized, and 14 times more likely to die from COVID-related complications

*Centers for Disease Control and Prevention (CDC),
National Center for Health Statistics (NCHS), updated
March 2022*

Myth vs. Facts About COVID-19 Vaccinations

- **Myth:**
The vaccine will alter my DNA
- **Fact**
The mRNA in the vaccine does not enter the cell's nucleus, where your DNA is kept. The mRNA will not change your DNA
- **Myth**
Getting a vaccine will give me COVID -19
- **Fact**
mRNA vaccines do not contain a live strain of the virus that causes COVID-19 and, therefore, cannot give you COVID-19
- **Myth**
I have already had COVID-19, I do not need to get vaccinated
- **Fact**
It is possible to have COVID-19 again. The best way to protect yourself is to get vaccinated
- **Myth**
The side effects from the vaccine are worse than getting COVID-19
- **Fact**
The vaccines prevent you from getting sick from COVID-19. You may feel achy and have a fever, after your shot, but these symptoms are temporary and let you know that your body is mounting an immune response to the virus

How Does the COVID-19 or flu virus spread from person to person?

Symptom	COVID	Flu
Fever	Common	Common
Cough	Common	Common
Loss of Smell/Taste	Common	Rare
Shortness of Breath	Sometimes	Rare
Headache	Common	Common
Muscle Ache/Pain	Sometimes	Common
Sore Throat	Common	Common
Fatigue	Common	Common
Chills	Sometimes	Common

When an infected person coughs, sneezes, or talks COVID-19 enters the air from the droplets from the person's nose or mouth.

Symptom	Cold	Allergies
Fever	Rare	No
Cough	Common	Common
Loss of Smell/Taste	Sometimes	Sometimes
Shortness of Breath	No	Sometimes
Headache	Rare	Rare
Muscle Ache/Pain	Sometimes	No
Sore Throat	Common	Sometimes
Fatigue	Sometimes	Sometimes
Chills	Sometimes	No

Protecting Yourself and Others

- ✓ Get vaccinated
- ✓ Stay at home if you are sick
- ✓ Cover your coughs and sneezes
- ✓ Clean you hands often
- ✓ Keep yourself hydrated properly
- ✓ Practice food safety
- ✓ Get fresh air often
- ✓ Keep your environment clean
- ✓ Take medication and get good rest
- ✓ Keep personal items to yourself

Which masks are best for me?
When choosing a mask it is very important to look for one that fits well.

Type of Mask	Filtration Efficiency
3-layer cotton	Adequate - 26.5%
Procedure mask	Adequate - 38.5%
Cotton Bandana	Good - 49%
Surgical mask	Better - 71.5%
2-layer nylon w/ear loops & nose bridge	Better - 79%
N95 or KN95	Best - 95%