

VACCINE FEARS OVERTURNED BY FACTS



The fact is, fears can play a large role in someone's decision to not vaccinate, despite the strong science and case that they are safe, effective, and life-saving. *Vaccine Fears Overturned by Facts* is a collaboration between Immunize Kansas Coalition (IKC) and the creators of Back to the Vax, Heather Simpson and Lydia Greene. Heather and Lydia are moms who used to be active in the anti-vaccine community, but are now strong voices for vaccination.

Whether you're a parent or a doctor caring for patients - this resource is for you! Here are answers to twelve common questions about vaccine ingredients and safety. We hope these facts help build confidence to trust vaccines with the behind-the-scenes work of keeping us healthy.

Do vaccines cause autism?	No. Studies have shown that there is no link between receiving vaccines and developing autism spectrum disorder.
Is formaldehyde a dangerous vaccine ingredient?	No. Formaldehyde is essential to human metabolism, and is used to build energy for physical and mental daily tasks! Formaldehyde in vaccines does not exceed 0.2 mg, but a newborn will have about 50x that naturally in their body. Fun Fact: There is about 60x more formaldehyde in a pear than in any vaccine!
Is mercury a dangerous vaccine ingredient?	No. Elemental mercury was never in any vaccine. Elemental mercury forms methylmercury in the environment. Methylmercury is a toxin that can bioaccumulate in fish and seafood. Ethylmercury is a compound in thimerosal. Unlike methylmercury, ethylmercury is easily eliminated from the body. An ethyl group makes it a completely different chemical from methylmercury. In 2001, thimerosal was removed from all childhood vaccines, with the exception of multidose flu vaccines.
Can polysorbate 80 in vaccines open the blood brain barrier?	No. Polysorbate 80 is used as a stabilizer in vaccines, used to keep vaccines effective during storage and transport. However, it's used in quantities nowhere close to causing harm. Fun Fact: We inject polysorbate 80 everyday! In our food, it's used as a binding agent in peanut butter, ice cream, jello, and more!
Is aluminum a dangerous vaccine ingredient?	No. Aluminum is used in vaccines as an adjuvant - a component that boosts the immune response to a vaccine. Infants are exposed to more aluminum in breastmilk than in all of their recommended vaccines during the first 6 months of life! Fun Fact: Aluminum is found in fruits, vegetables, meats, and fish because it's the 3rd most abundant element on earth.

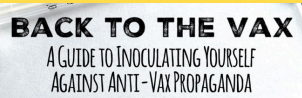
Does the HPV vaccine cause infertility?	No. The HPV vaccine actually protects against cancers that can lead to issues with fertility. The HPV vaccine protects against 6 different cancers in males and females.
Is herd immunity real?	Yes. Herd immunity, or community immunity , is when a large part of the community has immunity to a contagious disease, so community members who can't be vaccinated are protected. The safest way to achieve this is through vaccines.
Is infection-derived immunity better than vaccine-acquired immunity?	No. Exposure to disease to gain infection-acquired immunity can be unpredictable, causing suffering, long term complications, and even death. You can get immunity safely with vaccines.
Does mRNA in some COVID-19 vaccines alter DNA?	No. It's physically impossible for the mRNA in COVID-19 vaccines to change human DNA.
Do the COVID-19 vaccines cause infertility and miscarriage?	No. The COVID-19 vaccine is safe and recommended for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future. Vaccination during pregnancy protects both mother and baby.
Do COVID-19 vaccines contain harmful ingredients?	No. Nearly all of the COVID-19 vaccine ingredients are also ingredients in many foods - fats, sugars, and salts.
Do vaccines cause cancer?	No. Some childhood vaccines lower the risk of cancer. The HPV vaccine reduces your child's risk of developing 6 different cancers. The hepatitis B vaccine also reduces their risk of liver cancer!

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Find more information to questions like these in the *Vaccine Fears Overturned by Facts* booklet! Scan the QR code or go to **immunizekansascalition.org/VFOF** to access the digital booklet in English or Spanish.

View the Booklet



Learn more about vaccines and IKC at immunizekansascalition.org

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