

## TEAM MEMBERS

**Dr. Aliza Lifshitz**- Physician, Author and Health Commentator

**Anabelle Sedano**- Univision 34, Anchor Reporter

**Sandra Serrano Sewell**- Executive Director (Centro de Niños, Inc.)

**Leticia Santos Cuevas**-Program Director (Centro de Niños, Inc.)

**Reacesa Alleyne (Designer), Vishal Kumar Gupta &**

**Caleb Luchmun**- USC Interns

**Alex Perez**- LX Marketing

**Nataly Lopez**-Student Intern



### CONTACT US:

**CENTRO DE NIÑOS, INC.**

**4850 EAST CESAR CHAVEZ AVENUE**

**LOS ANGELES, CALIFORNIA 90022**

**(323) 268-4600**

**CENTRODENINOS@YAHOO.COM**

To get a vaccination, you can make an appointment here: [vaccinatelacounty.com](https://vaccinatelacounty.com)

Los Angeles County of Public Health  
Number: 1-877-777-5799

## MORE MYTHS ABOUT COVID-19 VACCINES

### MYTH #3: ANYONE CAN GET COVID-19 VACCINES.

A: While the vaccines are safe for use, there are some people who are allergic and are more sensitive to the ingredients within a vaccine that would cause them harm. Because of this, not everyone can get a vaccine.

### MYTH #4: I CAN NEVER GET SICK FROM COVID-19 AFTER GETTING THE VACCINES.

A: Wrong. People can still get sick from COVID-19 even after getting the vaccines since vaccines do not prevent the person from getting COVID-19 one hundred percent of the time. Due to this, it is important to practice safe habits and follow safety guidelines.

# COVID-19, THE VACCINE AND ME:

## ANSWERING COMMON QUESTIONS AND MYTHS ABOUT COVID-19 AND VACCINES

BY CENTRO DE  
NIÑOS, INC.  
UNIVISIÓN 34  
&  
DR. ALIZA LIFSHITZ



# QUESTIONS ABOUT COVID-19

## QUESTION #1: ARE THERE WAYS TO SLOW THE SPREAD OF THE VIRUS?

A: Yes, there are ways to slow the spread of the virus, such as:

- Wearing a mask
- Social distancing
- Staying away from large groups of people
- Washing hands very often

## QUESTION #2: WHO IS MORE LIKELY TO GET COVID-19?

A: The people who are more likely to get COVID-19, or “high-risk”, are as follows:

- People who are 65+
- People who are very overweight
- People who already have other medical problems
- People who smoke
- People that are in minority groups (i.e, Hispanics/Latinos, etc.)
- Have limited access to health care
- People who work in jobs that are always in close contact with the virus (nurses, etc.)

# MORE QUESTIONS ABOUT COVID-19

## QUESTION #3: WHAT ARE THE SIGNS OF COVID-19?

A: The most common signs of COVID-19 are listed below:

- Fever
- Chills
- Feeling more tired than normal
- Headache
- Not able to smell and/or taste
- Sore throat, runny nose or stuffy nose
- Feeling queasy, vomiting and/or diarrhea
- Some pain in the stomach area

### THE FOLLOWING SIGNS ARE COMMON IN CHILDREN:

- Fever for more than 24 hours
- Diarrhea
- Vomiting
- Skin rash
- Pink eye

## QUESTION #4: IF SOMEONE HAS THE VIRUS, HOW DO YOU KNOW WHEN TO GO TO THE EMERGENCY ROOM?

A: Please go to the emergency room if you feel any of the following signs:

- Having a lot of pain in the stomach area
- Having problems waking up
- Feeling confused
- Having a hard time breathing
- Having a bluish type color on the face or lips

# MYTHS ABOUT COVID-19 VACCINES

## MYTH #1: IN THE UNITED STATES, ALL COVID-19 VACCINES ARE LEGAL FOR USE.

A: No, not all COVID-19 vaccines are legal to use. So far, there are two kinds of vaccines in the United States that are known to be tested and safe: Pfizer vaccine and Moderna vaccines. More safe vaccines will be made for use in the future.

## MYTH #2: IF I AM YOUNG AND HEALTHY, I CANNOT GET SICK FROM COVID-19 AND THEREFORE DO NOT NEED THE VACCINES.

A: Wrong. Even people that are young and healthy can still get sick from COVID-19. Anyone can get COVID-19, even those that are not in the “high-risk” group.

