

WPE HANDOUT: BEWARE COVID-19 MISINFORMATION



1. Introduce the topic:

- Widespread misinformation has led people to question the COVID-19 vaccines, threatening the health and wellbeing of all Namibians.
- We have a responsibility to ourselves and others to make sure the information we use to make our decisions is based on fact. This includes any COVID-19 information.
- It is crucial that we check the accuracy of what we read, access our information from credible sources, and do all we can to avoid spreading misinformation.



2. Top five things you need to know:

Access to reliable health information is as important as access to health care. Keep yourself properly informed about COVID-19 vaccination, so that you can make well-informed decisions.

1. **COVID-19 vaccines are safe.** We were able to develop vaccines fast because scientists and governments around the world worked together and shared information and technology in a way that has never been achieved before. But all the vaccines were still subject to all the normal safety protocols.
2. **The risk of developing blood clots from the COVID-19 vaccination is extremely low.** You are 8 to 10 times more likely to develop a blood clot as a result of COVID-19 infection as you are from the vaccine. The benefits of vaccination far outweigh the risk.
3. **COVID-19 vaccines do not contain any of the live virus that causes COVID-19 so they CANNOT give you COVID-19.** You may experience some mild side effects after you have received the vaccine, but these are signs that your immune system is responding to the vaccine. You will not test positive for COVID-19 if you have the vaccine.
4. **There is no tracking device or microchip inside the vaccines.** All vaccine manufacturers publish ingredient lists for their vaccines, so we know exactly what it is in them. Of course, there is a GPS microchip tracking you in your cell phone!
5. **Big business and Government are not pushing vaccines because they want to make a profit.** COVID-19 has caused great human and economic suffering across the world. The fastest way to return to a normal way of life is by protecting ourselves from the virus. Vaccines are the most effective way of doing this.



3. Points to discuss with the group:

- Where do you get most of your COVID-19 vaccination knowledge from?
- How do you check what you hear for accuracy?