COUNTY of SAN LUIS OBISPO

What are mRNA vaccines?

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What are mRNA vaccines?

Messenger RNA (mRNA) is found in all living cells. mRNA vaccines work by teaching cells how to make a protein that triggers an immune response inside your body. This immune response tells your body to produce infection-fighting antibodies, specifically designed to protect you from COVID-19 without actually being exposed to the virus.

mRNA vaccines do not affect or interact with DNA in any way. Additionally, mRNA is relatively fragile, and naturally degrades within a few days.

How can I be sure that mRNA vaccines are safe if they're still new?

mRNA technology has actually been studied since the 1990s.

mRNA vaccines have been tested in humans for Zika, influenza, rabies, and more, and were shown to be safe and well tolerated.

Additionally, vaccines authorized under emergency use undergo the same rigorous safety and efficacy testing as those granted typical FDA approval.

What about the side effects?

The most commonly reported side effects following vaccination include tenderness in the arm where vaccine was received, tiredness, headache, and muscle soreness, typically lasting no more than a day or two.

These mild side effects are a positive sign that your body is mounting an immune response against the SARS-CoV-2 virus.