

Community One-Pager: What are the Facts?

Common Vaccine Myths in the South Asian Community



Myth-Busting in a South Asian Context

Do vaccines cause autism?

No, vaccines do not cause autism. This myth came from a discredited 1998 study that was later retracted for serious ethical and scientific misconduct. Dozens of large, well-designed studies worldwide have since confirmed no link between vaccines and autism.

Does the HPV vaccine cause infertility?

No, the HPV vaccine does not cause infertility. Extensive research involving millions of people have found no link between HPV vaccination and fertility problems. In fact, the vaccine helps prevent cervical and other reproductive cancers that can threaten fertility if left untreated. Health authorities like the CDC and WHO confirm that the HPV vaccine is safe, effective, and fertility-protective, not harmful.

Does mRNA in some COVID-19 vaccines alter DNA?

No, mRNA vaccines do not alter or interact with your DNA since the mRNA never enters the cell's nucleus where DNA is stored. Instead, it gives your cells short-term instructions to make a harmless viral protein, then quickly breaks down within a few days after the immune system has built its response.

Do vaccines contain ingredients forbidden in my religion / customs?

Many vaccine makers and global vaccine regulatory bodies publish ingredient lists.

In most cases, vaccines do not contain prohibited materials, or halal/vegetarian-friendly versions exist.

Religious scholars in many places have affirmed that use is permissible given the tremendous public health benefit.

Are natural immunity or traditional remedies safer than vaccines?

While healthy lifestyle, nutrition, and supportive care, which many traditional medicine practices provide are beneficial, these practices do not provide the same degree robust immunity against many infectious diseases as vaccines do. Vaccines safely mimic infection to train the immune system without causing disease, providing strong and predictable immunity. Unlike traditional remedies, vaccines are rigorously tested, regulated, and proven to prevent specific infections and protect against community spread.

References:

- [Vaccine Fears Overturned by Facts Booklet](#)
- [American Academy of Allergy, Asthma and Immunology Fact Kit](#)
- [Pan America Health Organization Myth Busting](#)
- [BBC COVID Myths Debunked - Translations](#)
- [Immunize.org Vaccine Information Statement Translations](#)