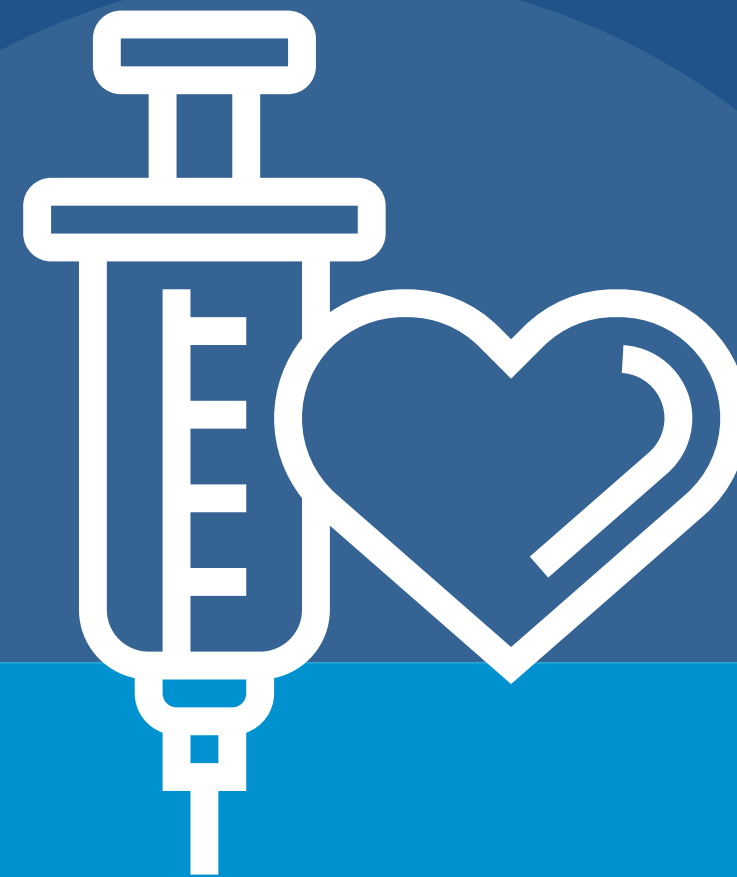




COVID-19

Vaccine Information





A vaccine is available to keep you and others safe from COVID-19. Just like how the flu vaccine keeps you safe from the flu.



This means you could be getting the COVID-19 vaccine very soon. Getting the COVID-19 vaccine will protect yourself and other people from getting sick. Doctors and scientists think less people will get sick from COVID-19 if more people have the vaccine.

What is the COVID-19 Vaccine?



We already get many other vaccines to prevent illnesses such as the flu. This vaccine will help to make your body stronger so it can fight against the virus and help prevent you from getting COVID-19.

Currently there are 3 approved vaccines - Moderna, Pfizer, and AstraZeneca that all require you to get 2 shots. Depending on supply your second shot will be 3-16 weeks after the first shot. The second is like a booster shot. You need to get both shots for the vaccine to work best. The 4th approved vaccine is Johnson & Johnson which only requires you to get one shot.

The Pfizer vaccine is 95% effective one week after the second dose. The Moderna vaccine is 94% effective two weeks after the second dose. The AstraZeneca vaccine is 62% effective two weeks after the second dose. Johnson & Johnson is 66% effective two weeks after the shot.

What is the COVID-19 Vaccine?



The four COVID-19 vaccines being used are approved by Health Canada. Combined the vaccines have been tested on more than one hundred thousand people. Future vaccines must also be approved by Health Canada before they can be used in Canada.

The more people who get the vaccine the less people will get sick with COVID-19.

You do not have to pay for the vaccine. It is paid for by the Government of Canada and will not impact your ODSP.

Vaccine Safety



Doctors and scientists have done lots of work to make sure it is safe to use. Before you get the vaccine, you will be asked questions to make sure that it is safe for you. Few people have serious side effects or allergic reactions.

Possible Side Effects

Your arm will probably be sore after you receive the vaccine.

Most people feel fine after their shot, but sometimes these things happen:

- Hives
- Face or mouth gets swollen or puffy
- Skin looks pale
- Feel like fainting
- Fever
- Seizure

If you feel any of these side effects in the 3 days after the vaccine, call 911 or tell your support worker or caregiver and they will help you.

Allergies and Medications

Allergies

- Very few people are allergic to vaccines.
- The doctors and nurses will watch you closely after giving you the vaccine. They are there to keep you safe.
- If you have concerns about an allergic reaction to the vaccine, you can talk to your doctor.
- Your caregiver or staff will help look for signs of side effects and allergies.

Medications

- Most people who take medications do not have to worry about how their medications will react to the vaccine.
- If you are worried that your medication will react with the vaccine, speak to your doctor first.

Preparing for your Vaccine Appointment



Eat a small snack



Wear a short sleeve shirt or a shirt with sleeves that are easy to roll up



Pack your health card, consent form, immunization card and any item that makes you feel calm.



Wash your hands



Dress appropriately for the weather and wear your mask



Preparing for your Vaccine Appointment

If you feel anxious or scared about getting the vaccine that is okay. Many people are nervous about needles. There are lots of things you can do to help you prepare.

Preparing for your Vaccine Appointment



1. Talk to someone, let your support worker or caregiver know how you are feeling.



2. Bring something with you that makes you feel calm and happy.



3. Listen to your favourite music.



4. Go for a walk.

Preparing for your Vaccine Appointment

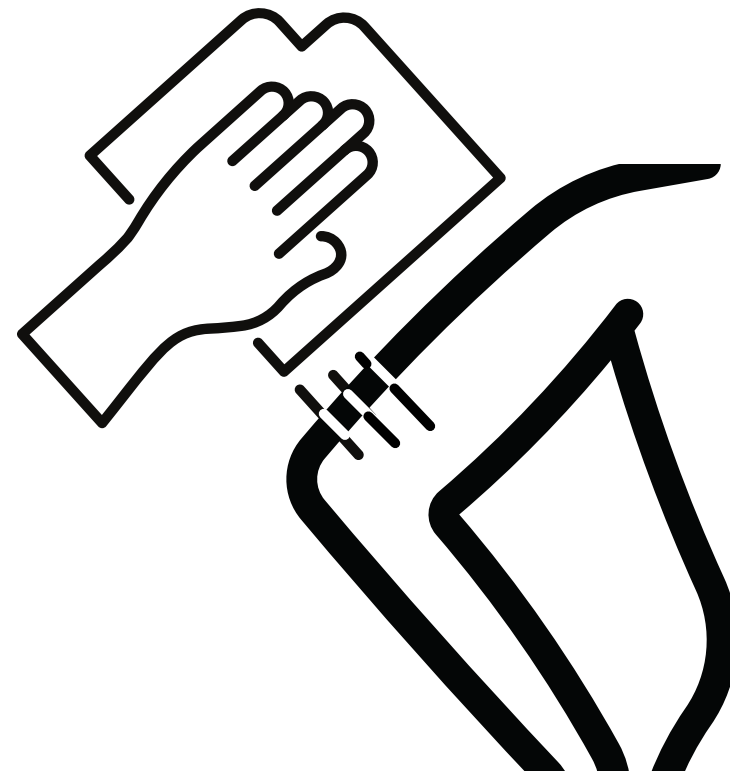
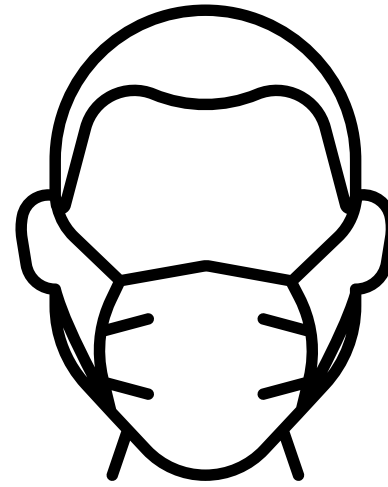


5. Do some deep breathing exercises.

- Sit comfortably in a chair.
- Put one hand on your belly and other hand on your chest.
- Deep breath through your nose. The belly pushes the hand on your belly out.
- Breathe out through your mouth. The hand on belly moves in as you breathe out.
- Repeat steps 1-4 as many times as you need to feel relaxed.



What Will Happen at my Vaccine Appointment?



My caregiver or support worker can come with me to my vaccine appointment.

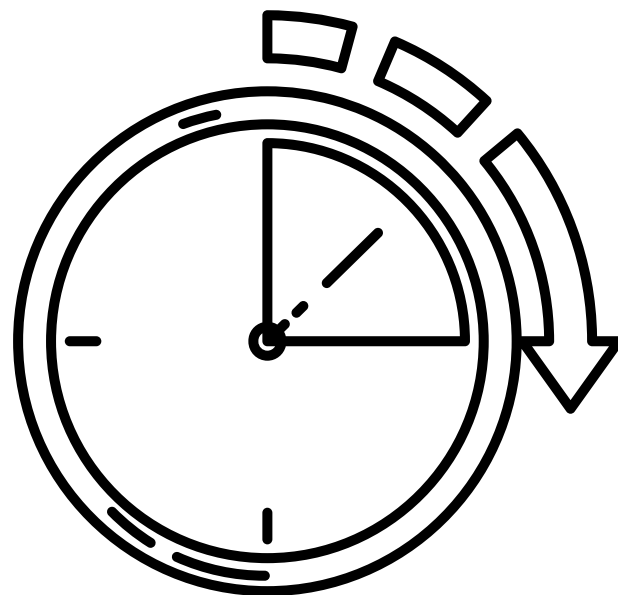
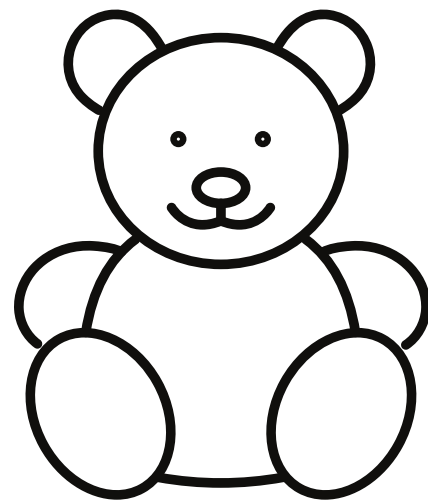
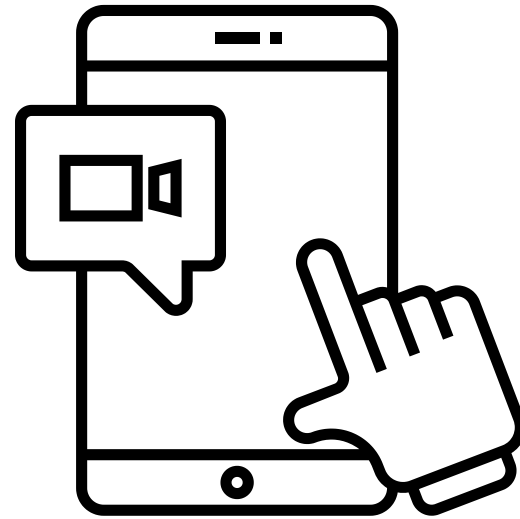
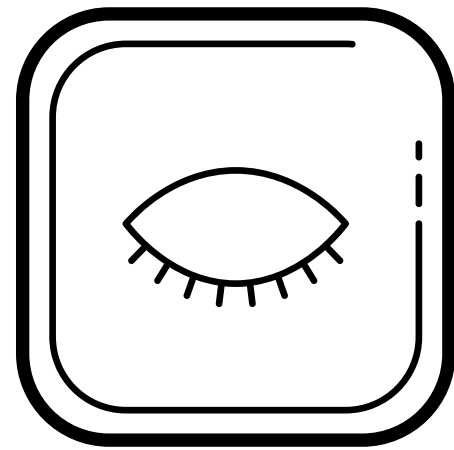


At the appointment I will sanitize my hands and wear my mask. I will be given a face shield to wear. I will be asked questions to make sure that I can get the vaccine. My support worker or caregiver can help me answer.



I will roll up one of my sleeves and the doctor or nurse will clean the area where the shot will go with an alcohol swab.

What Will Happen at my Vaccine Appointment?



I will sit still while I get the shot. This will feel like a pinch. I can close my eyes, ask my support worker or caregiver to play me a video or hold my special item.



After I get my shot I will wait for 15 minutes to make sure that I am okay. Then I can go home!

What Will Happen After my Vaccine Appointment?



After I get home from getting my vaccine I can continue with my regular routine.

My arm might feel sore or I might have a red spot where I got the shot. I can put an ice pack on the spot that feels sore.

If I do not feel well after getting the vaccine I will tell support worker or caregiver. If I feel very unwell I will call 911.

What Will Happen After my Vaccine Appointment?



For the Pfizer, Moderna and Astra-Zeneca vaccines I will need to get the vaccine 2 times. This means I will have an appointment for my second vaccine up to 16 weeks after I get my first vaccine. It is very important that I get my second vaccine to make sure I'm protected from COVID-19.

After I am Fully Vaccinated

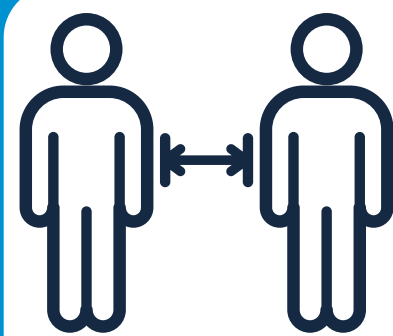
Even though the COVID-19 vaccine is here and many people will be getting vaccinated, life will not go back to normal right away.

It is going to take a long time for everyone to get fully vaccinated. This means COVID-19 rules will be around for a while.

After I am vaccinated there is a slight chance I could have the virus and not know, so I will need to follow all the COVID-19 rules to keep myself and the people around me safe.



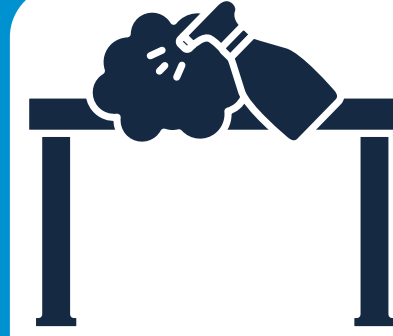
**Wash Hands
Frequently**



**Keep a distance of
6ft from others**



**Avoid touching
eyes, nose, mouth**



**Clean your home
with products that
kill germs**



**Cover coughs and
sneezes**

There is a lot of information about the vaccine going around right now. This can make it hard to make a decision.

The best person to talk to about the vaccine is your doctor. If you have questions, make an appointment to speak with your doctor.

Your support worker or caregiver can help you with this.

Getting the vaccine is a personal choice that only you can make.



Symptoms for Support Worker or Caregiver to Watch For After the Vaccine:

Mild symptoms:

- Sore arm
- Redness at injection site

Severe symptoms:

- Hives
- Face or mouth gets swollen or puffy
- Skin looks pale
- Fever
- Seizure
- Feel like fainting

If any severe symptoms develop after the person receives their shot, seek medical attention (911) immediately.