

# VACCINE FACT SHEET

<b>VACCINE:</b>	<p><a href="#">Pfizer-BioNTech’s COVID-19 vaccine</a> and the <a href="#">Moderna COVID-19 vaccine</a>. These vaccines were approved for use by Health Canada in December 2020. They are given in 2 doses, 19-28 days apart.</p>
<b>HOW THE VACCINE WORKS:</b>	<p>Both COVID-19 vaccines use messenger RNA (mRNA) that tells your body how to produce a piece of the outer lining of the virus. This piece is not able to hurt you, but triggers your immune system to recognize and attack the virus.</p>
<b>EFFECTIVENESS:</b>	<p>The vaccine was found to be <b>95% effective in trial participants</b> at 7 days after the second dose. Currently, the duration of effectiveness is unknown.</p>
<b>SIDE EFFECTS:</b>	<p>Ongoing studies on the vaccine indicate <b>no serious side effects found to-date</b>. Trial participants reported mild-to-moderate side effects that generally resolved after a day. Side effects are more likely to occur after the second dose, and include:</p> <ul style="list-style-type: none"> <li>• pain at the vaccine site</li> <li>• fatigue</li> <li>• headache</li> <li>• chills</li> <li>• redness and swelling</li> <li>• muscle/joint pain</li> <li>• fever</li> <li>• joint pain</li> <li>• swollen glands (less frequent)</li> </ul> <p>As with all vaccines, there’s a chance that there will be a serious side effect, such as an allergic reaction, but these are rare. To-date, the <a href="#">Centers for Disease Control and Prevention (CDC)</a> has reported serious allergic reaction (anaphylaxis) in less than 1% of vaccinated cases.</p> <p>The CDC has not reported any cases of Guillain-Barré. Bell’s Palsy occurred in 4 out of 22,000 trial doses, which is a rate that is expected in the general population. This does not suggest that the vaccine caused this condition.</p>
<b>SAFETY:</b>	<p>Many hurdles in normal vaccine development have been overcome in record time. Researchers used <a href="#">strategies like combining phases of a clinical trial</a> to get more data sooner. To speed up access, governments also invested in building up manufacturing capacity from the beginning of the development process. The United Kingdom, United States, and Canada conducted thorough reviews of the process and have deemed the vaccine to be safe. To-date, there have not been any serious safety concerns related to the vaccine. Follow-up studies are needed to track long-term effects, and the COVID-19 vaccine is subject to the same standards as established vaccines (e.g., flu, Hepatitis B).</p> <p>For individuals who are immunocompromised, most experts believe that the benefits of the vaccine outweigh risks for people who have conditions affecting their immune system. It is recommended you speak to your primary care provider if you have specific concerns.</p> <p>You cannot get COVID-19 from the vaccine.</p>

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<b>CONTRA-INDICATIONS:</b>	<p>You should not get the COVID-19 vaccine if you have/have had:</p> <ul style="list-style-type: none"><li>• An anaphylactic reaction or breathing problems following a previous dose of the COVID-19 vaccine.</li><li>• An anaphylactic reaction to propylene glycol.</li><li>• Allergies to polyethylene glycol (PEG) or polysorbate.</li><li>• Active symptoms of a COVID-19 infection or any severe illness, including febrile illness (postpone vaccination).</li><li>• Any other vaccine 14 days prior to COVID-19 vaccine (due to the need to accurately track any adverse effects).</li></ul>
<b>PREGNANCY, BREAST FEEDING AND FERTILITY:</b>	<p>Most experts believe the benefits outweigh risks for people who are pregnant or breast feeding. There is no evidence to suggest that the COVID-19 vaccine will impact fertility. However, compared with non-pregnant women, <a href="#">women who get pregnant and contract COVID-19 have a higher rate of admission to the intensive care unit, preterm birth, and babies requiring admission to the neonatal intensive care unit.</a></p>
<b>WHY GET VACCINATED AS SOON AS I'M ELIGIBLE:</b>	<p>The pandemic has resulted in lockdowns and public health measures that have impacted all Canadians. These measures will be necessary until the majority of Canadians are vaccinated.</p> <p>If you wait to get vaccinated and get infected in the meantime, you may end up in hospital, have serious illness, be unable to provide care to those who need it, and/or pose risk to those you are in contact with.</p> <p>Even if a young, healthy person does not die of COVID-19, they can get sick, have long-term complications, and can infect more vulnerable people around them.</p>

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For more information, visit [Sunnynet.ca/vaccine](https://Sunnynet.ca/vaccine)