

Vaccination is the best protection against COVID-19 and its complications.

| Disease | Signs and symptoms | Possible complications |
|----------|--|--|
| COVID-19 | <ul style="list-style-type: none">• Fever• Cough• Trouble breathing• Loss of smell• Fatigue• Headaches• Muscle aches• Nausea, vomiting, diarrhea• Overall sick feeling | <ul style="list-style-type: none">• Persistent long COVID-19 complications lasting several months: trouble breathing, fatigue, weakness, difficulty falling/staying asleep, and concentrating• Pneumonia and other respiratory issues• Heart problems• Neurological problems such as brain inflammation, etc.• Death |

The vaccine

Vaccination is the best protection against COVID-19 and its complications.

Moderna and Pfizer vaccines are approved for people age 6 months and older.

For young people aged 5 to 29 years, a Pfizer vaccine is recommended.

Two doses of vaccine (Moderna or Pfizer) are required for the regular schedule. People on dialysis or with a weakened immune system should receive 3 doses of vaccine. One or more booster doses of vaccine may be recommended depending on the person's age or health condition, regardless of the vaccine previously received.

After a booster dose, efficacy is approximately 60-75% against infections caused by the Omicron variant and over 80% against hospitalizations. One or more booster doses are needed to further reduce transmission and increase protection.

For people who had COVID-19 before the 1st dose of vaccine, 1 dose is required followed by one or more booster doses. For people who had COVID-19 when they were given the 1st dose or after, at least 2 doses are required followed by one or more booster doses. There is no risk in giving more than 2 doses of vaccine to someone who has had COVID-19. For people on dialysis or with a weakened immune system, a previous COVID-19 infection is not taken into account.

Symptoms after vaccination

Some symptoms may be caused by the vaccine (e.g., pain at the injection site). Other problem may occur by chance and are not related to the vaccine (e.g., cold, gastro). Most reactions are harmless and do not last long. Local reactions can occur up to 8 days after vaccination. Reactions are less common among people age 55 and over. They are slightly less frequent after the 1st dose and after the booster dose than after the 2nd dose.

In a minority of those vaccinated, vaccine-induced reactions that prevent daily activities for 1 or 2 days may occur. Reactions include fatigue, headache, and muscle or joint pain. They can occur up to 8 days after vaccination. These reactions are less common among the elderly. They occur more often after the 2nd dose.

Moderna and Pfizer vaccines cannot cause COVID-19 because they do not contain the SARS-CoV-2 virus that causes the disease. However, people who have been in contact with the virus could still develop COVID-19.

(see verso)

RNA COVID-19 Vaccine

(continued)

Vaccination,
the best protection

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Safety of the vaccine

Moderna and Pfizer vaccines are approved by Health Canada. Experts are closely monitoring any adverse reactions that could occur following vaccination and taking measures to ensure the safety and effectiveness of these vaccines

| Frequency | Known reactions to this vaccine | What to do |
|--|--|---|
| In most cases (more than 50% of people) | <ul style="list-style-type: none">• Pain at the injection site | <ul style="list-style-type: none">• Apply a cold, damp compress at the injection site.• Use medication for fever or discomfort if needed.• See a doctor if symptoms are severe. |
| Very often (less than 50% of people) | <ul style="list-style-type: none">• Headache, fatigue*• Fever or shivering• Joint pain• Muscle soreness• Diarrhea or vomiting• Swollen armpit lymph nodes | |
| Often (less than 10% of people) | <ul style="list-style-type: none">• Redness or swelling at the injection site. This reaction could appear more than 1 week after vaccination | |
| Rarely (less than 1 person in 1,000) | <ul style="list-style-type: none">• Facial swelling | |
| Very rarely (around 2 persons in 100,000) | <ul style="list-style-type: none">• Myocarditis or pericarditis following vaccination** | |

* The majority of youth aged 12 to 15 years experience fatigue or a headache. Fatigue, headache, muscle and joint pain are more common after the 2nd dose.

** In young people aged 12 to 29 years, this risk may be lower with the Pfizer vaccine. Headache, fatigue, muscle soreness and joint pain occur more often after the 2nd dose. Myocarditis or pericarditis occur more frequently in young males under the age of 30 following the 2nd dose. For the Moderna vaccine, the frequency is approximately 8 times higher after the 2nd dose than after the 1st dose (approximately 17 cases per 100,000 doses versus 2 cases per 100,000 doses respectively). Cases present most often with mild symptoms and recover quickly.

Approximately 2 persons in 100,000 can have a severe allergic reaction after receiving this vaccine. The frequency of this reaction is higher than usually expected after a vaccine, but it is still very rare.

We recommend that you stay at the clinic at least 15 minutes after vaccination because allergic reaction may occur. If an allergic reaction occurs, the symptoms will appear a few minutes after vaccination. The person giving the vaccine will be able to treat this reaction immediately.

**For any questions, contact the person giving the vaccine,
or Info-Santé 811 or your doctor.**