

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. • Multi-organ inflammation resulting in organ dysfunction (pediatric inflammatory multisystem syndrome [PIMS]) • Death

The vaccine

Vaccination is the best protection against COVID-19 and its complications. The RNA COVID-19 vaccines are approved for people age 6 months and older. The number of required doses and the intervals between doses depend on age, vaccination history and overall state of health.

Symptoms after vaccination

Some symptoms may be caused by the vaccine (e.g., pain at the injection site). Other problems may occur by chance and are not related to the vaccine (e.g., cold, gastro). Most reactions are harmless and do not last long. Reactions are less common among children and people age 55 and over. These reactions occur more often after the 2nd dose.

In a minority of those vaccinated, vaccine-induced reactions that prevent daily activities for 1 or 2 days may occur. Such reactions include fatigue, headache, and muscle or joint pain and they are less common in the elderly.

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 to the injection site. • Use medication for fever or discomfort if needed. • See a health professional if symptoms are severe.
Very often (less than 50% of people)	<ul style="list-style-type: none"> • Headache, fatigue*, irritability, drowsiness • Fever or chills • Joint pain • Muscle soreness • Diarrhea, vomiting, loss of appetite • 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. • Swollen lymph nodes under the armpit 	
Rarely (less than 1 person in 1,000)	<ul style="list-style-type: none"> • Facial swelling 	
Very rarely (less than 1 person in 10,000)	<ul style="list-style-type: none"> • Myocarditis or pericarditis following vaccination** • Severe allergic reaction*** 	

* The majority of youth aged 12 to 15 years experience fatigue or a headache.

** Myocarditis or pericarditis occurs more frequently in young males aged 12 to 29 years after the 2nd dose. Individuals who develop myocarditis or pericarditis post vaccination most often present with mild symptoms and recover quickly.

*** The frequency of this reaction is higher than that usually expected after a vaccine, but it is still very rare (approximately 2 persons in 100,000).

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 reactions immediately.

If you have any questions, contact the person giving the vaccine, Info-Santé 811, or a health professional.