

COVID-19 Vaccine Information Sheet

Pfizer-BioNTech COVID-19 Vaccine & Moderna COVID-19 Vaccine

Please read this information sheet carefully and ensure that all of your questions have been answered by a health care provider before receiving the COVID-19 vaccine.

What is COVID-19?

- COVID-19 is an infectious disease caused by a new coronavirus (SARS-CoV-2). COVID-19 was recognized for the first time in December 2019 and is mainly passed from an infected person to others when the infected person coughs, sneezes, sings, talks or breathes. It is important to note that infected people can spread the infection even if they have no symptoms.
- Symptoms of COVID-19 can include cough, shortness of breath, fever, chills, tiredness and loss of smell or taste. Some people infected with the virus have no symptoms at all, while others have symptoms that range from mild to severe.

How do the vaccines protect against COVID-19?

- The vaccines cause our body to produce protection (such as **antibodies**) to help keep us from becoming sick if we are exposed to the COVID-19 virus. Health Canada has approved both the Pfizer-BioNTech and Moderna vaccines to immunize Canadians against COVID-19. Both vaccines use a new method called messenger RNA (mRNA) which helps our body protect against the virus.
- The Pfizer-BioNTech vaccine has shown to work very well at preventing people from becoming sick (95% likely) with COVID-19 compared to those who did not receive the vaccine.
- The Moderna vaccine has shown to work very well at preventing people from becoming sick (94% likely) with COVID-19 compared to those who did not receive the vaccine.

Who should receive the COVID-19 Pfizer-BioNTech and Moderna vaccine?

- Those individuals 18 years¹ of age and older without contraindications.
- The following groups should be offered the vaccine as long as informed consent is given. Informed consent should include information about the lack of data on the use of the mRNA vaccines in these populations.
 - Immune suppressed people (due to disease or treatment)
 - Those with an auto-immune disorder
 - Pregnant or breastfeeding women
 - Children 12 to 15 years of age* (PFIZER-BioNTech ONLY)
** A complete COVID-19 vaccine series may be offered to individuals 12-15 years of age who are at very high risk*

¹ Pfizer-BioNTech vaccine is indicated for 16 years of age and older.

Who should not receive a COVID-19 vaccine at this time?

- If you have had a serious or allergic reaction to your first COVID-19 vaccine, you should not be vaccinated until it is determined to be safe by a health care provider.
- A proven immediate or anaphylactic hypersensitivity to the vaccine or one of the following ingredients in the vaccine;

○ Vaccine product (manufacturer)	○ Potential allergen included in the vaccine or its container*	○ Other products where the allergen may be found*
Pfizer-BioNTech COVID-19 (Pfizer-BioNTech) Moderna COVID-19 ○ (Moderna)	○ polyethylene glycol (PEG)	○ Bowel preparation products for colonoscopy, laxatives, cough syrup, cosmetics, contact lens care solutions, skin care products, and as an additive in some food and drinks
○ Moderna COVID-19 (Moderna ONLY)	○ Tromethamine (trometamol, Tris	○ Contrast agents, some oral and parenteral medications.

- If you have any [symptoms that could be due to COVID-19](#) so that you do not spread infection to others.
- You should wait 2 weeks after receiving any other vaccine before getting your COVID-19 vaccine. Please tell the health care provider if:
- **Please let the immunizer know if you;**
 - **have fainted or felt faint after receiving past vaccines or medical procedures.**
 - **have a bleeding disorder or are taking medication that could affect blood clotting.**

How is the COVID-19 vaccine administered?

- The vaccine is given as a needle in the upper arm and will require two doses up to 4 months apart.

What measures are in place to provide immunizations safely during COVID-19?

Health care providers are being very careful to prevent the spread of COVID-19 when offering immunizations. Examples of extra safety measures include the following:

- You will be screened for [any COVID-19 symptoms](#) when you arrive at the clinic. People with symptoms of COVID-19 should not attend the clinic.
- You will be asked to wear a mask while at the clinic, as well as to clean your hands, and to stay at least 2 metres (6 feet) from others (except those you live with).
- If you have had an allergic reaction to any medication or vaccine given by injection or intravenous (IV) you will be observed in the clinic for 30 minutes after being vaccinated with mRNA COVID-19 vaccine.

COVID-19 Vaccine After-Care Information Sheet

What should I do right after receiving the vaccine?

- **Wait for at least 15 minutes** after receiving your vaccine. Longer waiting times of 30 minutes may be recommended if there is concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. **Inform a health care provider** at the clinic if you feel unwell while waiting.
- Be sure to **leave your mask on** if at all possible and **remain at least 2 metres away** from anyone not part of your household.
- Use the **alcohol-based hand rub to clean your hands** before leaving the clinic.
- **Do not operate a vehicle** or other form of transportation for at least 15 to 30 minutes after being vaccinated or if you are feeling unwell.
- **Continue to follow the recommendations of local public health officials** to prevent spread of COVID-19, which includes wearing a mask, staying at least 2 metres from others and limiting / avoiding contact with others outside your household.
- **Keep your immunization record** with information about the COVID-19 vaccine in a safe place.

What should I expect in the next few days?

- Side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for a day or two; they will go away on their own.
 - The most common side effect is pain where the needle was given; swelling where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
 - Other symptoms may include tiredness, headache, muscle pain, joint pain, chills or fever. Enlarged lymph nodes (swollen glands) that last for several days may also occur.
 - If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever. Check with your health care provider if you need advice about medication.
- Serious side effects after receiving the vaccine are rare. However, **if you develop any serious symptoms or symptoms that could be an allergic reaction, call 9-1-1 right away**. Symptoms of an allergic reaction include:
 - Hives (bumps on the skin that are often very itchy)
 - Swelling of the face, tongue or throat
 - Difficulty breathing

Any serious side effects after vaccination should be reported to your local public health department.

- If you have any concerns about the symptoms you develop after receiving the vaccine, contact your health care provider for advice.

- If you still need to receive your second dose, tell the person providing the second dose about any side effects you experienced.

When should I return for my second dose of vaccine?

- **Return for your second dose of the vaccine in either 21 days to 4 months (Pfizer-BioNTech) or 28 days to 4 months (Moderna).** It is very important to receive the second dose for the vaccine to work well. Make an appointment or follow the instructions of the health care provider to ensure you receive the second dose with the COVID-19 vaccine..
- Tell the person providing the second dose about any side effects you experienced after the first dose.

Things to remember

- **Continue to follow the recommendations of local public health officials** to prevent spread of COVID-19, which may include wearing a mask, staying at least 2 metres from others and limiting / avoiding contact with others outside your household.
- **Do not receive any other vaccines (except for your second COVID-19 vaccine)** until you have received both doses of the COVID-19 vaccines and at least 28 days have passed after the second dose.
- **Keep this sheet or other immunization record** in a safe place. You can also download the [CANImmunize](#) app to keep track of this and other vaccines.

IMMUNIZATION RECORD: COVID-19 Vaccine

Check one:

- Pfizer-BioNTech COVID-19 Vaccine (COVID-19 mRNA vaccine) (0.3 ml)
- Moderna COVID-19 Vaccine (COVID-19 mRNA vaccine) (0.5 ml)

Dose #1	Date	Dose #2	Date