



Marathon

Family Health Team

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VACCINE INFORMATION SHEET

Moderna & Pfizer-BioNTech COVID-19 Vaccines

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

How do the Moderna and Pfizer-BioNTech vaccines protect against COVID-19?

- The vaccine causes the body to produce antibodies to help prevent you from becoming sick if you are exposed to the COVID-19 virus.
- If you are healthy and get both doses, the protection for COVID-19 is about 94% to 95%, 7 to 14 days after you get the second dose.
- The vaccine does not contain the virus so you cannot get COVID-19 infection from the vaccine.

How is the vaccine administered?

The vaccine is given as an injection into the muscle of the upper arm and will require two doses given 21 days apart (Pfizer-BioNTech vaccine) or 28 days apart (Moderna vaccine). It is important to ensure you receive both doses to ensure optimal protection from COVID-19 infection.

Can I get the COVID-19 vaccine?

The Pfizer-BioNTech vaccine is recommended for people who are 16 years of age and older, while the Moderna vaccine is recommended for people who are 18 years of age and older.

You **should not** get the COVID-19 vaccine if:

- You have ever had a severe allergic reaction (e.g., anaphylaxis) to a previous dose of this type of vaccine or to any of its components.

You **should wait** to get the COVID-19 vaccine if:

- You have received another vaccine (not a COVID-19 vaccine in the past 14 days).
- You have acute symptoms of a COVID-19 like illness; you should wait until your symptoms are resolving and have no fever for at least 24 hours.

You may be able to received the COVID-19 vaccine but should take precautions, such as 30 minutes of observation following the vaccine, if:

- You have a bleeding problem, bruise easily or use a blood-thinning medication.
- You have a history of severe allergic reactions (e.g., anaphylaxis) to certain foods, pets, or latex.

You may fall into a special population group who needs special consideration for the COVID-19 vaccine, if:

- You are pregnant or breastfeeding.
- You are immunocompromised.

If you fall into one these groups, you can still choose to get vaccinated. However, it is recommended that you

book a phone appointment with a physician or nurse practitioner to review the risks and benefits of getting vaccinated for COVID-19. Please call the clinic at 807-229-3243 and speak to a healthcare provider **before** your immunization appointment.

What are the side effects of the vaccine?

Side effects are expected and indicate the vaccine is working to protect you from COVID-19 infection. Side effects that develop in the day or two after receiving the vaccine, will go away on their own.

Side effects can include one or more of the following:

- bleeding, pain, swelling, redness and/or infection where the needle was given
- tiredness
- headache
- muscle pain
- joint pain
- nausea/vomiting
- chills
- fever
- enlarged lymph nodes (swollen glands)
- diarrhea

Allergic reactions are rare but can happen after receiving a vaccine. The immunization clinic staff are prepared to manage an allergic reaction should it occur. Symptoms of an allergic reaction include:

- hives (bumps on the skin that are often very itchy)
- swelling of your face, tongue or throat
- difficulty breathing

What measures have been put in place to safely provide immunizations?

Health care providers and staff at the Marathon Family Health Team are being very careful to prevent the spread of COVID-19 when offering immunizations. Examples of safety measures include the following:

- You will be asked about any COVID-19 symptoms when you arrive at the clinic. People with symptoms of COVID-19 will not be permitted to attend/enter the clinic.
- You will be asked to wear a mask while at the clinic and stay at least 6 feet away from others.
- Staff will be wearing masks and cleaning their hands and work areas before and after each patient.
- Patient areas will be disinfected between patients.
- When inside the clinic, traffic will be kept one-directional.

What should you do before coming to the clinic?

- Ensure you complete your consent form. Consent forms need to be completed **before** your appointment.
- Wear a short-sleeve shirt or top with sleeves that are easy to roll up.
- To prevent feeling faint, have something to eat before coming to the clinic.

What should you do after receiving the vaccine?

A COVID-19 Vaccine After Care sheet will be provided to you when you present for your appointment. Please review it during your recommended post-vaccine 15 minute wait time.

When should I return for my second dose?

Most individuals can anticipate to wait up to 16 weeks until receiving their second dose of the COVID-19 vaccines. Some specific groups are exempt from the second dose extension, such as older adults living in congregate settings, some Indigenous adults and some individuals with high risk chronic conditions. The MFHT will contact you when second doses are available.

If you have any questions about the vaccine, please speak with your health care provider **before** your immunization appointment.