

Tips and Facts

Holding conversations to build vaccine confidence.

People are more likely to listen to someone they trust. Here are some thoughts to keep in mind when speaking with people about COVID-19 vaccines.

- Hesitancy is normal. It's OK for people to have questions and concerns.
- People will be more receptive to what you have to say if they feel respected, heard and validated first. Listen respectfully to what they say, and find out why they believe the things they do.
- Share facts, speak sincerely and point people towards credible sources of information, including municipal, provincial and federal webpages and resources.
- Let people know you care: you're doing this because you want to help them and their loved ones stay healthy and safe.
- You don't have to do this alone. Everyone who gets immunized is also a potential champion. Ask them to join you and share their stories with the team.

For more information

[COVID-19 Vaccine Approval Process and Safety](#), Ontario Ministry of Health
[Ontario.ca/covidvaccine](https://ontario.ca/covidvaccine) Ontario website with up-to-date information on the vaccine and Ontario's distribution plan.

[Vaccines for COVID-19: Authorized Vaccines](#), Health Canada

Discussion points

Myths and rumours spread online. Studies show that when people keep seeing the same stories repeated, they become more likely to believe them. Here are some key messages to help counteract misinformation.

These vaccines were developed quickly because:

- The technology behind the vaccines has been around since the 1990s.
- They were supported by never-before-seen levels of collaboration and funding around the world.

These vaccines are safe. Only vaccines that Health Canada has approved and determined are safe and effective will be administered in Ontario. Health Canada has one of the most rigorous scientific review systems in the world.

The COVID-19 vaccine cannot give you COVID-19 or any other infectious disease. None of the Health Canada approved vaccines so far are live vaccines, meaning that they do not contain the virus that causes COVID-19.

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Two doses deliver 94-95% immunity.

It is important to receive both doses. Protection offered by the first dose is lower than what is achieved after the second dose. The vaccines are 94-95% effective after two doses.

No one is known to have died as a direct result of the COVID-19 vaccine. More than two million people have died globally from the actual virus.

When a large percentage of the population becomes immune to COVID-19, the spread of the virus will slow down or stop. You can protect yourself, your loved ones and your community by getting vaccinated.