

Understanding COVID-19 Vaccines

Getting vaccinated against COVID-19 helps protect you - and those around you. By choosing to get vaccinated you are helping to protect our community.

What you need to know about COVID-19 vaccines:



Health Canada has authorized all COVID-19 vaccines used at local vaccine clinics, pharmacies, and health care provider offices. These vaccines are free in Canada.



Vaccines are thoroughly tested on thousands of people before being authorized. While mild short-term side-effects can be expected, the vaccine is **SAFE** and up to 95% effective.



Getting fully vaccinated is the **BEST** way to prevent serious illness and death related to COVID-19.



The vaccines do not change DNA or have microchips in them.



The vaccines do not infect you with COVID-19.



The vaccines do not contain antibiotics, adjuvants, thimerosal, latex, or metals.



Health care providers have seen firsthand the impacts of COVID-19. These professionals have been vaccinated against COVID-19 because it is the best way to prevent severe illness related to the virus.



If you are pregnant, have a health condition, or have questions about the vaccine after reviewing information available at hpePublicHealth.ca, speak with your health care provider before receiving the vaccine.

12+ in 2021

The Pfizer vaccine has been authorized for individuals born in 2009 and earlier.

18+

Both Pfizer and Moderna vaccines have been authorized for individuals age 18 and older.

To get your COVID-19 vaccine:

1

Visit the HPEPH website for information about immunization clinics, and options for vaccination at local pharmacies: hpePublicHealth.ca/vaccine-booking/

2

Call HPEPH to discuss alternate options: **613-966-5500** and follow prompts to speak with the vaccine booking line.

You are not fully immunized until 14 days after your second dose. To protect your health and the health of those around you, continue maintain public health precautions as directed.

Based on current guidance, once you are fully vaccinated, you can enjoy social gatherings (in private settings) safely without a face covering. You can also enjoy the comfort of knowing you have the best possible protection against COVID-19. If you are fully vaccinated and you are exposed to someone with COVID-19, you do not need to isolate unless you develop symptoms. Individuals who are not fully vaccinated and are exposed to someone with the virus, will be required to isolate for a minimum of 10 days, or as otherwise directed.

What about side-effects?

It is normal and expected to experience mild short-term side-effects after receiving the vaccine (arm pain, fatigue, chills). Please remember that while minor side-effects may last a day or two, the protection offered through the vaccine is long term, and will protect you from serious illness related to COVID-19. If you have concerns about potential reactions to the vaccine, HPEPH encourages you to contact your health care provider.

For more up-to-date information, please contact your health care provider or visit hpePublicHealth.ca