

COVID-19 Vaccines [Developed by Pfizer-BioNTech] – Modified by KHSC

Facts of COVID-19:

- It is a highly contagious respiratory viral infection
- Spreads through coughing, sneezing, and direct contact with surfaces or objects that are contaminated with the COVID-19 virus
- Can be spread up to 48 hours prior to developing symptoms therefore unknowingly can be spread during this time
- The long-term effects of COVID-19 are not fully known.

Symptoms of COVID-19:

- Sudden onset of headache, fever, chills, cough, and generalized body aches, loss of taste or smell

Benefits of Vaccination:

- Two doses of the vaccine are required for better protection.
- After completing the two-doses, it may take another one to two weeks to achieve maximum protection against COVID-19.
- At this time, there is no information on the long-term protection with this vaccine. In trials, the vaccine was 95% effective.
- There is a small chance that you may still get COVID-19 after being vaccinated.
- It is important to continue with public health measures such as physical distancing, wearing a mask, and staying home if you are sick.
- Health care and other staff must still wear personal protective equipment (PPE) even after they have been vaccinated. Please follow the recommended protocols in your workplace.

COVID-19 Vaccination Process (Pfizer-BioNTech):

- The vaccine requires two doses.
- The doses are given at least 21 days apart for people 16 years of age and older, including seniors.

Side Effects and Risks:

- Most people have no reaction to the vaccine; those that react will likely be moderate and resolve after a few days. Some of the symptoms are part of the body's response to developing immunity.
- Common side effects reported in clinical trials for this vaccine include:

Very Common $\geq 10\%$ (more than 1 in 10 doses)	Common 1%-10% (1 in 100 to 1 in 10 doses)	Uncommon 1% (1 in 100 doses)	Very Rare
<ul style="list-style-type: none"> • pain at the injection site • headache • feeling tired • muscle or joint pain • fever or chills 	<ul style="list-style-type: none"> • redness & swelling at the injection site 	<ul style="list-style-type: none"> • enlarged lymph nodes 	<ul style="list-style-type: none"> • serious allergic reactions such as anaphylaxis

- In rare cases, serious allergic reactions (anaphylaxis) can occur.
- Allergic reactions can be treated and are usually temporary.

- Seek medical attention if you have trouble breathing, have hives, or swelling of the face and throat. Vaccine side effects will continue to be monitored as people receive the vaccine.
- If you get a reaction to the vaccine, contact your health care provider who will report the side effect directly to Public Health.

Who Should Not Get the COVID-19 Vaccine:

- Delay vaccination if you have a fever, feel unwell, are sick with COVID-19, or have received a vaccine in the past 14 days
- Avoid trying to get pregnant for at least a month after getting both doses of the vaccine
- If you are on blood thinner medication, they will use a smaller needle and you will need to apply pressure for longer after getting the vaccine to reduce bruising
- Do not get this vaccine if you: have allergies to any vaccine ingredients, including polyethylene glycol; or have had a severe reaction to a previous dose of this vaccine
- Talk to your health care provider first if you: are under 16 years of age (between 12 to 15 years, the Pfizer vaccine may be offered); are pregnant or breastfeeding; or have a weakened immune system due to illness or treatment, or a bleeding disorder.

For More Information:

For more information, talk to your health care provider, or visit:

National Advisory Committee on Immunization. Recommendations on the use of COVID-19 Vaccines. Dec 2020. Available at <https://www.canada.ca/en/public-health/services/immunization/nationaladvisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines.html>