

FACT SHEET: What you need to know before your COVID-19 vaccine appointment

Overview

This guidance provides basic information only. It is not intended to take the place of medical advice, diagnosis or treatment, legal advice or legal requirements.

In the event of any conflict between this guidance document and any applicable emergency orders, or directives issued by the Minister of Health, Minister of Long-Term Care, or the Chief Medical Officer of Health, the order or directive prevails.

- Please check the Ministry of Health [COVID-19 website](#) regularly for updates to guidance documents, list of symptoms, directives and other information.

You have been identified to be eligible to receive the Pfizer-BioNTech COVID-19 vaccine. Please read below to know what to expect for your upcoming appointment to receive vaccine.

What do I need to bring to my appointment?

- Completed [consent form](#)
- Your health (OHIP) card
 - If you do not have an OHIP card, bring another form of a government issued-photo ID such as a driver's license, passport, Status Card or other provincial health cards.
- Your KHSC ID badge to confirm eligibility
- Completed [COVID-19 pre-screening form](#)
- Reading glasses and/or hearing aid if required
- Wear your mask
- A support person if required (e.g. interpreter)
- Plan for your appointment to take approximately 30 minutes to allow for checking in, vaccination, monitoring and checking out.

What do I need to do to prepare for my appointment?

- Take your regular medication and eat your meals as usual.
- Do not wear any scented products.
- Wear a short-sleeved t-shirt so that the health-care provider can easily access your arm for the vaccination.
- **If you have symptoms of COVID-19, you should not attend your appointment and will need to rebook.**
- Do not arrive more than 10 minutes before your appointment.
- Present your KHSC ID badge to confirm your eligibility to receive the vaccine.

For KHSC health-care workers who may have received their first doses of vaccine elsewhere

- If you have received your first dose of the Pfizer-BioNTech vaccine and need to receive your second dose, please contact the KHSC COVID-19 vaccination clinic at COVIDvaccinationclinic@kingstonhsc.ca.

What you need to know about the Pfizer-BioNTech COVID-19 vaccine

Who can get the vaccine?

- The vaccine has been authorized for use in individuals age 16 and older.
- The vaccine **should not** be administered to individuals allergic to any of the [ingredients in this vaccine](#) (found in the Pfizer-BioNTech vaccine monograph), including polyethylene glycol.
- The Ontario Ministry of Health has outlined [recommendations for special populations](#), such as people who are pregnant, breastfeeding, have autoimmune conditions and those who are immunocompromised.

How many doses of the vaccine do I need?

- All individuals need 2 doses of the vaccine. You must get the same vaccine for your first and second dose.

How is the vaccine given?

- The vaccine will be administered through an intramuscular injection into the upper arm (into the deltoid muscle).

Are there any side effects associated with the vaccine?

- Like other vaccines, the Pfizer-BioNTech COVID-19 vaccine can cause side effects. Those observed during the clinical trials were commonly reported side effects of vaccines and do not pose a risk to health.
- You should monitor for the following potential side effects (see below) after receiving the vaccine:
 - Pain at injection site, redness, swelling
 - Fatigue
 - Headache
 - Muscle pain or joint pain
 - Chills
 - Fever
 - Swollen glands
 - Diarrhea
 - Nausea/vomiting
 - Enlarged lymph nodes (swollen glands) in your underarm
- The most frequent adverse reactions were usually mild or moderate in intensity and resolved within a few days after vaccination.
- Should side effects not be resolved in 3 days or are worsening, please contact your health-care provider or Occupational Health, Safety and Wellness (KGH site x4389 and HDH site x2265).
- Any potential adverse events following COVID-19 vaccination can be reported, as needed, to Public Health using the [Adverse Event Following Immunization form](#).
- You will receive an After Care Sheet at the time of your vaccination that tells you what to expect after vaccination.
- You will be asked to stay for 15-30 minutes after you receive the vaccine to monitor for any adverse events following immunization.

If you have other questions about the vaccine:

Visit the [KHSC Now intranet page](#)

See the Ministry of Health's [vaccine information sheet](#)