

ALL COVID-19 VACCINES ARE GOOD



COVID-19 Community Response Table to Support Vulnerable Populations

All vaccines are safe and work well

- All approved COVID-19 vaccines are safe and work very well at preventing symptomatic COVID-19 infection.
- All COVID-19 vaccines approved for use in Canada have been through [Health Canada's careful approval process](#) which has determined that there are no major safety concerns and that vaccines are [safe and work well](#). As with all medications and vaccines approved for use in Canada, there is [ongoing safety monitoring](#) of COVID-19 vaccines.
- The approved COVID-19 vaccines will not make you sick or put you at risk for complications of the actual illness because they do not contain the virus that causes COVID-19. Vaccines let you skip the sickness and go straight to being protected.
- By getting the COVID-19 vaccine you are helping to protect yourself and the community from COVID-19 infection, severe illness, and the risk of hospitalization and death.

Vaccine Side Effects

- The risk of serious reactions to any of the COVID-19 vaccines is very rare.
- The risks of serious complications from the COVID-19 infection are much higher than the risk of side effects from the vaccines.
- Like all other vaccines, common side effects include:
 - Pain where the vaccine was given
 - Tiredness
 - Headache
 - Muscle and joint pain
 - Chills
 - Fever
- These side effects are normal following vaccination and are expected because of our body's immune response.
- No clear link has been shown between myocarditis (inflammation around the heart)/pericarditis (inflammation of the lining around the heart) and mRNA COVID-19 vaccines. The Public Health Agency of Canada, Health Canada, Public Health Ontario, and the Ministry of Health are closely monitoring reports of myocarditis/pericarditis following vaccination. The benefits of the mRNA COVID-19 vaccines continue to outweigh the potential risk of myocarditis/pericarditis. For more information visit the [Porcupine Health Unit website](#).

Who can get the vaccine?

- It is not known how long someone is immune or protected against COVID-19 after testing positive and recovering from the illness. Since COVID-19 can cause severe health outcomes and that re-infection can occur, people who have already tested positive for COVID-19 should still be vaccinated.
- Anyone 12 years of age and older can book an appointment through the Porcupine Health Unit to get their first dose of COVID-19 vaccine. Individuals 12-17 years of age must book appointments in the Pfizer-BioNTech clinics. Pfizer is the only Health Canada approved vaccine for this age group.
- The Porcupine Health Unit announces upcoming COVID-19 vaccine clinics through local media (radio, newspapers, tv ads), [Facebook](#) and on the [health unit's website](#).
- Some primary healthcare providers will be starting to offer mRNA COVID-19 vaccines and will be reaching out to their clients to schedule a vaccine appointment.

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Vaccine Interchangeability

- Updated recommendations from the [National Advisory Committee on Immunization \(NACI\)](#) confirms that interchanging vaccines is safe and effective. This recommendation is based on current scientific evidence and NACI's expert opinion.

Second Dose of COVID-19 Vaccine

- All individuals 12 years of age and older, who have received their first dose of Pfizer or Moderna vaccine at least 28 days ago can now book an appointment for their second dose.
- Individuals who received dose one of AstraZeneca can receive dose two of an AstraZeneca or mRNA COVID-19 vaccine at a minimum 8 week interval.
- To find out more about second doses of the COVID-19 vaccine, visit the Porcupine Health Unit website at [Second Doses of the COVID-19 Vaccine \(porcupinehu.on.ca\)](#) or call the health unit at 705-360-4819 (Timmins) or 1-800-461-1818.

Preparing for your COVID-19 vaccine appointment

- Select the correct community, city, town when booking an appointment.
- You can still get vaccinated if you do not have an OHIP card. Bring your Ontario Health Insurance Plan (OHIP) card if you have one. If you do not have an OHIP card, another form of government-issued photo identification (e.g., driver's license, passport, Status Card, or other provincial health cards) is acceptable. If you do not have any identification, you can still go to the clinic and get the vaccine.
- Before your appointment, review this information:
 - [COVID-19 Vaccine Information Sheet](#)
 - [What you need to know about your COVID-19 vaccine appointment](#)
 - [COVID-19 Vaccination Recommendations for Special Populations](#) (if applicable)
- Vaccine clinics are available throughout the Porcupine Health Unit district and will continue to be announced. Information will include date, time, location, and eligibility. Clinics will be advertised through newspaper, radio, TV commercials, the [Porcupine Health Unit's website](#) and [Facebook page](#).

Book an appointment to receive your first or second dose of COVID-19 vaccine through the [Porcupine Health Unit website](#), or by calling 705-360-4819 (Timmins) or 1-800-461-1818 or drop-in at any clinic to get vaccinated the same day.



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After you get the COVID-19 vaccine

- Even after getting the vaccine, it is important to remain vigilant and continue following public health measures. You should always:
 - Stay home if you have symptoms, even if they are mild.
 - Stay two metres apart from people you do not live with.
 - Wear a mask or face covering in indoor public spaces or any time physical distancing is not possible.
 - Wash your hands often with soap and water or alcohol-based hand sanitizer.
 - Sneeze and cough into your sleeve.
 - Avoid touching your eyes, nose, or mouth.
 - Get tested if you think you have symptoms or have been exposed to COVID-19.
- It is unknown how long protection from the vaccine will last. Not everyone is able to get the vaccine for various reasons. We must continue to follow public health measures to prevent the spread of COVID-19.
- There is still a chance that you can become infected with COVID-19 after being vaccinated. When COVID-19 infections occur after vaccination, there is proof that vaccines reduce the severity of illness.

Remember to stay home if you are sick and get tested even if your symptoms are mild. Call your local Assessment Centre ([Assessment Centres \(porcupinehu.on.ca\)](https://porcupinehu.on.ca)) to book an appointment. If you are not sure where to call, contact the **Porcupine Health Unit at 705-360-4819 (Timmins) or 1-800-461-1818.**

If you aren't sure if you can get your COVID-19 vaccine now, or have questions about the COVID-19 vaccine, call the

**Porcupine Health Unit at
705-360-4819 (Timmins) or
1-800-461-1818.**

Helpful websites for more information

- [COVID-19: The Vaccines \(porcupinehu.on.ca\)](https://porcupinehu.on.ca)
- [Resources \(porcupinehu.on.ca\)](https://porcupinehu.on.ca)
- [Coronavirus disease \(COVID-19\): Awareness resources - Canada.ca](https://www24.intelcom.ca/COVID-19/AwarenessResources)
- [Vaccines for COVID-19 - Canada.ca](https://www24.intelcom.ca/COVID-19/Vaccines)
- [Vaccine development and approval in Canada - Canada.ca](https://www24.intelcom.ca/COVID-19/VaccineDevelopment)
- [COVID-19: How vaccines are developed \(video\) - Canada.ca](https://www24.intelcom.ca/COVID-19/HowVaccinesAreDeveloped)
- [What to expect when you get a COVID-19 vaccine | COVID-19 \(coronavirus\) in Ontario](https://www24.intelcom.ca/COVID-19/WhatToExpect)
- [Getting a COVID-19 vaccine in Ontario | COVID-19 \(coronavirus\) in Ontario](https://www24.intelcom.ca/COVID-19/GettingA)
- [COVID-19 vaccines for Ontario | COVID-19 \(coronavirus\) in Ontario](https://www24.intelcom.ca/COVID-19/Vaccines)