

COVID-19 VACCINE NEWSLETTER

August 12, 2021

GETTING THE FIRST AND SECOND DOSE OF COVID-19 VACCINE IS QUICK AND EASY

Anyone 12 years of age and older is strongly encouraged to get their first and second dose of COVID-19 vaccine as soon as possible. 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 get their second dose. Youth 12-17 years of age must receive the Pfizer-BioNTech vaccine.

For first and second doses of COVID-19 vaccine, appointments can be booked [online](#), or by calling 705-360-4819 (Timmins) or 1-800-461-1818, or go to a drop-in clinic to get vaccinated the same day. Visit the [PHU vaccine webpage](#) to find out when upcoming clinics are scheduled.

NEWS HIGHLIGHTS:

[Government of Canada announces agreement with leading COVID-19 vaccine developer Moderna, Inc. to build mRNA vaccine facility in Canada - Canada.ca](#)

[Health Canada updates Pfizer-BioNTech COVID-19 vaccine label to reflect very rare reports of Bell's Palsy - Recalls and safety alerts \(healthycanadians.gc.ca\)](#)

Vaccination & Pregnancy

GET THE COVID-19 VACCINE IF YOU ARE PREGNANT



In pregnancy, COVID-19 infection can be more serious



COVID-19 vaccines can protect you from serious illness



Antibodies can transfer to the baby, protecting them as well



COVID-19 vaccines are safe in pregnancy & are being used around the world



Talk to your health care provider if you have questions



COVID-19 VACCINE NUMBERS:

Vaccine doses given at PHU immunization clinics: 91,985.

Number of people vaccinated with at least 1 dose of vaccine in the PHU area: 49,784.

78% of individuals 12 years of age and older in the PHU area have received at least one dose of vaccine.

67.4% of individuals 12 years of age and older in the PHU area have received two doses of vaccine.

PORCUPINE HEALTH UNIT COVID-19 INFORMATION LINE

Call or email with any inquiries about COVID-19. If you or a loved one are eligible to receive the COVID-19 vaccine but are experiencing barriers to accessing the vaccine clinics and need support, call, or email the health unit.

Timmins: 705-360-4819 Toll free: 1-800-461-1818

Email: info4you@porcupinehu.on.ca

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COVID-19 VACCINES ARE SAFE IF YOU ARE PREGNANT, PLANNING A PREGNANCY, OR BREASTFEEDING

Unvaccinated pregnant individuals are at higher risk of severe illness, hospitalization, ICU admission, mechanical ventilation, and death due to COVID-19 infection. Severe infection with COVID-19 also has risks for fetal and newborn health. COVID-19 infection in pregnancy is a risk factor for worse pregnancy outcome like preeclampsia, premature birth, still birth, and caesarean delivery. The [National Advisory Committee on Immunizations \(NACI\)](#) and the [Society of Obstetricians and Gynaecologists of Canada](#) recommend that pregnant individuals be offered the COVID-19 vaccine at any time during pregnancy or while breastfeeding. It is recommended that individuals planning a pregnancy receive the COVID-19 vaccine prior to pregnancy to benefit from protection throughout the full pregnancy. Available safety data does not suggest any concerns related to the COVID-19 vaccine on female reproduction/fertility, pregnancy, fetal development, or development of the baby after delivery. The available data shows that mRNA vaccines do not transfer into breastmilk. COVID-19 antibodies transfer through the breastmilk and provide protection to the baby. The [Vaccination in Pregnancy & Breastfeeding Patient Decision-Making Tool](#) can help individuals make an informed decision about COVID-19 vaccination during pregnancy and breastfeeding.

COVID-19 VACCINES ARE SAFE – GETTING BOTH DOSES OF COVID-19 VACCINE IS ESPECIALLY IMPORTANT WITH THE DELTA VARIANT SPREADING IN OUR REGION

Vaccines let you skip the sickness and go straight to being protected. Vaccination helps prevent against serious disease and death.

COVID-19 variants, such as Delta, spread more easily from person to person and can also cause more severe illness in those who become infected. With the Delta variant spreading locally, it is more important than ever to continue with public health measures as well as get both doses of the COVID-19 vaccine as soon as possible to stop the spread of COVID-19. The [NACI](#) recommends that those with previous COVID-19 infection also receive the complete COVID-19 vaccine series.

A serious complication from a COVID-19 infection is much more likely than from the vaccine. Side effects from the COVID-19 vaccine are similar to other vaccines, do not pose a risk to health, and are generally mild to moderate. They include things like pain at the injection site, feeling tired, or feverish. The chance of a serious side effect (e.g., allergic reaction) is possible with all vaccines but is rare. Long-term side effects are extremely unlikely following any vaccination, including COVID-19 vaccination. Vaccine monitoring has historically shown that side effects generally happen within six weeks of receiving a vaccine dose. Millions of people have received COVID-19 vaccines, and no long-term side effects have been detected.

HELPFUL LINKS:

[Myocarditis and pericarditis after mRNA COVID-19 vaccination in children: Interim guidance document - SickKids Hospital](#)

[Vaccinated against COVID-19? What does it mean to me? - Canada.ca](#)

[Vaccines for COVID-19 - Canada.ca](#)

[COVID-19 vaccine safety: Weekly report on side effects following immunization - Canada.ca](#)

[Regulating vaccines for human use in Canada - Canada.ca](#)

[Vaccine development and approval in Canada - Canada.ca](#)

[COVID-19: How vaccines are developed \(video\) - Canada.ca](#)

[Ontario's COVID-19 vaccination plan | COVID-19 \(coronavirus\) in Ontario](#)

[COVID-19 vaccines for Ontario | COVID-19 \(coronavirus\) in Ontario](#)

[COVID-19 Vaccine Safety \(porcupinehu.on.ca\)](#)

[COVID-19 Vaccine Resources \(porcupinehu.on.ca\)](#)