

# COVID-19 VACCINE NEWSLETTER

October 28, 2021

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

It is strongly recommended that all individuals born in 2009 or earlier receive the full COVID-19 vaccine series as soon as possible. Individuals may receive their second dose of vaccine at least 21 days after their first dose of Pfizer-BioNTech or at least 28 days after their first dose of Moderna. Youth under 18 years of age must receive the Pfizer-BioNTech vaccine. There is a preferential recommendation of the use of Pfizer-BioNTech vaccine for individuals aged 18-24 years old.

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:

[Ontario Releases Plan to Safely Reopen Ontario and Manage COVID-19 for the Long-Term | Ontario Newsroom](#)

[COVID-19: It's Time for Your Flu Shot, Porcupine! \(porcupinehu.on.ca\)](#)

[Prime Minister announces standardized Canadian COVID-19 proof of vaccination for travel | Prime Minister of Canada \(pm.gc.ca\)](#)

[Health Canada receives submission from Pfizer-BioNTech to authorize the use of Comirnaty COVID-19 vaccine in children 5 to 11 years of age - Canada.ca](#)

[Enhanced COVID-19 Vaccine Certificate with QR Code and Verify Ontario App Available for Download Starting October 15 | Ontario Newsroom](#)

[Using your Enhanced Vaccine Certificate: Frequently Asked Questions | Ontario Newsroom](#)



### COVID-19 VACCINE NUMBERS:

Vaccine doses given at PHU immunization clinics:  
106,398.

Number of people vaccinated with at least 1 dose of vaccine in the PHU area: 55,591.

89.3% of individuals 12 years of age and older in the PHU area have received at least one dose of vaccine.

82.6% 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](mailto:info4you@porcupinehu.on.ca)

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## PROOF OF COVID-19 VACCINATION CERTIFICATES REQUIRED

Proof of COVID-19 vaccination and a piece of identification is required when entering certain high-risk indoor and outdoor businesses and organization to help protect Ontarians against COVID-19. On October 15, Ontario launched the enhanced vaccine certificate with official QR code and the Verify Ontario app for businesses. While the current vaccine receipt without a QR code remains valid and will continue to be accepted, individuals are encouraged to download their enhanced vaccine certificate with a QR code as an easier, more secure, and convenient way to have their proof of vaccination verified.

To find out more about vaccine certificates, including where they are needed, visit: [Using your Enhanced Vaccine Certificate](#); [Frequently Asked Questions](#) and [Instructions from the Medical Officer of Health](#). You do not need to download an app, the enhanced vaccine certificate with QR code may be printed or downloaded to your computer, phone, or tablet from the [Ontario COVID-19 vaccination portal](#), or by calling the Provincial Vaccine Contact Centre at 1-833-943-3900.

## IT'S TIME FOR YOUR FLU SHOT, PORCUPINE!

The Porcupine Health Unit encourages everyone who is eligible to receive the influenza and COVID-19 vaccine. We will be offering free community-based flu immunization clinics throughout the month of November. The COVID-19 vaccines may be given on the same day, or anytime before or after, the flu vaccine. However, the PHU is scheduling separate clinics for the flu and COVID-19 vaccines.

## COVID-19 VACCINATION IN PREGNANCY & BREASTFEEDING

Evidence is showing that pregnant people are at an increased risk for severe illness from COVID-19 when compared to non-pregnant people. Pregnant women who get COVID-19 are...

- Four times more likely to require hospitalization than the average person, and 11 times more likely to need intensive care,
- More likely to experience preterm birth (delivering the baby earlier than 37 weeks),
- More likely to need a caesarean delivery,
- At a higher risk of having their baby admitted to the Newborn Intensive Care Unit (NICU).

The risk of severe illness with COVID-19 infection is even higher for pregnant individuals with risk factors such as being 35 years of age/or older or having asthma, obesity, diabetes, hypertension, or heart disease. COVID-19 vaccination is recommended for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future. If you have questions about getting vaccinated, talking with your healthcare professional might help, but is not required. For more information, please visit [COVID-19 vaccines in pregnancy | ontario.ca](#)

### 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](#)

[Reopening Ontario | Ontario.ca](#)

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

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

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