

COVID-19 Vaccines

What you need to know

Vaccination is a safe and effective way to prevent disease. Vaccines save millions of lives each year.

When a large percentage of the population becomes immune to COVID-19, the spread of the virus will slow down or stop. Vaccination is our best shot for allowing individuals, families and workers to safely resume normal life.

ABOUT THE VACCINES

Only vaccines that are safe and effective are approved by Health Canada.

- Each vaccine has been rigorously tested in a series of large-scale trials
- Vaccines are tightly regulated and closely monitored in Canada
- Health Canada will only approve a vaccine that is safe for widespread use
- COVID-19 can have serious, life-threatening complications, and if you get sick, you could spread the disease to friends, family and others around you
- People who are vaccinated gain protection without the serious potential consequences of COVID-19 infection
- You cannot get COVID-19 from the vaccines; they do not contain the virus

COVID-19 vaccines are approved by Health Canada. Age recommendations are subject to change. Visit york.ca/COVID19VaccineInfo for the latest updates.

Pfizer BioNTech (Comirnaty) vaccine

- mRNA vaccine

AstraZeneca/COVISHEILD (Vaxzevria) vaccine

- Viral vector vaccine

Moderna (Spikevax) vaccine

- mRNA vaccine

Janssen (Johnson & Johnson) vaccine

- Viral vector vaccine

Beginning about two weeks after the first dose, all COVID-19 vaccines currently approved are very effective at preventing COVID-19 infection, serious illness, hospitalization and death. A second dose is required to achieve optimal and longer-lasting protection. Third doses are now recommended for certain immunocompromised and high-risk people to provide an added layer of protection against COVID-19. Booster doses are also recommended for additional vulnerable populations to help people maintain protection against COVID-19 over time. Visit york.ca/covid19vaccine for eligibility details and recommended timing intervals between vaccine doses.

The COVID-19 vaccine is free and voluntary.

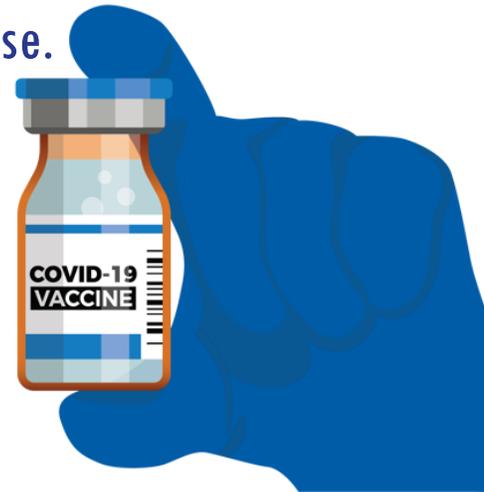
HOW DO COVID-19 VACCINES WORK?

The vaccine works by teaching our bodies to build a strong immune response against the COVID-19 spike protein. Once triggered, this helps us fight infection if we are exposed to the real virus in the future.

SIDE EFFECTS

Temporary side effects of the vaccine are typically mild to moderate and may include:

- Soreness at the injection site
- Body chills
- Feeling tired or feverish



Some side effect symptoms can be part of the body's response to developing immunity. As some side effects can also be similar to symptoms of COVID-19, speak to your health care provider to determine if you need further assessment if you have any concerns. Side effects may be more common with the second dose. Serious side effects after receiving the COVID-19 vaccine are rare; however, if you develop any of the following reactions within three days of receiving the vaccine, seek medical attention right away or call 911 if you are severely unwell:

- Hives, swelling of the face or mouth, trouble breathing, very pale colour and serious drowsiness, high fever (over 40°C), convulsions or seizures, other serious symptoms

ALLERGIES

- If you experienced a severe allergic reaction (anaphylaxis) to an ingredient of, or previous dose of, the [Pfizer-BioNTech \(Comirnaty\)](#), [Moderna \(Spikevax\)](#), [AstraZeneca/COVISHIELD \(Vaxzevria\)](#) or [Janssen \(Johnson & Johnson\)](#) vaccine, you should not receive the vaccine without consulting with your health care provider. Your health care provider will help determine your options for first and/or follow-up doses
- If you experienced a less severe allergic reaction to a previous dose or a component of any of the above vaccines, you must talk to your health care provider before you receive the vaccine and are required to bring a letter from your health care provider indicating the vaccine can be safely administered

Detailed vaccine ingredient lists can be found at canada.ca/COVID19



PRECAUTIONS FOR GETTING THE VACCINE

Please delay vaccination if you have a fever or COVID-19 symptoms, are confirmed or suspected to have COVID-19.

Those 12 years of age or older can receive a COVID-19 vaccine at the same time as, or any time before or after, any other vaccines. There is no need to delay COVID-19 vaccination or to wait to receive any other vaccine.

A consultation with your health care provider **is recommended but not required** before receiving the vaccine if you:

- Have a weak immune system from an illness or therapy, or an autoimmune condition
- Are pregnant, could be pregnant or are breastfeeding

CONTINUE FOLLOWING PUBLIC HEALTH SAFETY MEASURES AFTER VACCINATION

Studies are ongoing to determine the long-term protection of COVID-19 vaccines. Although vaccination is very effective, there is still a chance you could both contract and spread COVID-19 after being immunized.

For more information, visit york.ca/COVID19VaccineInfo or speak to your health care provider.



WEAR A MASK OR
FACE COVERING



MAINTAIN A
PHYSICAL DISTANCE



WASH
YOUR HANDS



MONITOR
YOUR HEALTH



GET
VACCINATED

