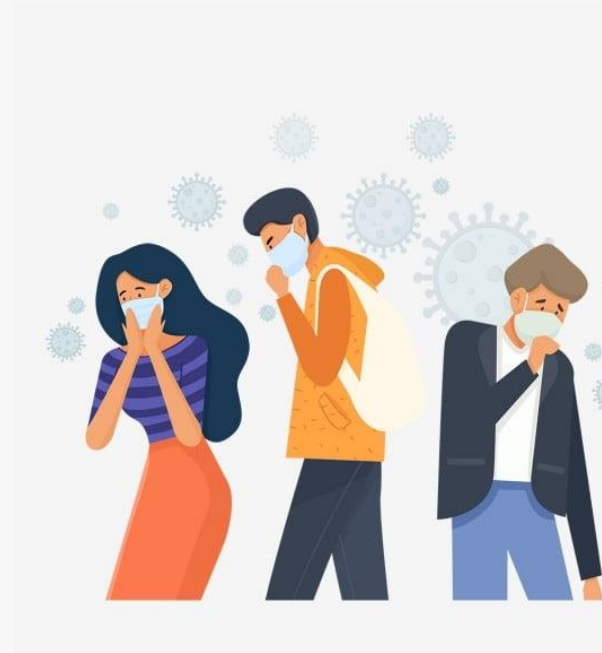


# COVID-19

## What you need to know about the COVID-19 vaccine

# What's COVID-19?

COVID-19 is like a flu or cold virus and spreads when someone who has it coughs, sneezes or talks to another person. The virus spreads easily and quickly!



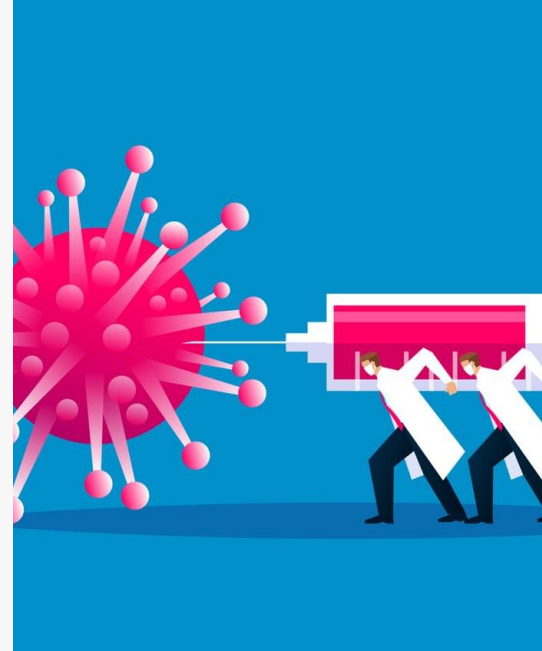
# Scientists have been working hard to make a vaccine that will help protect us.

They have made a COVID-19 vaccine that is available now and everyone around the world is getting it.



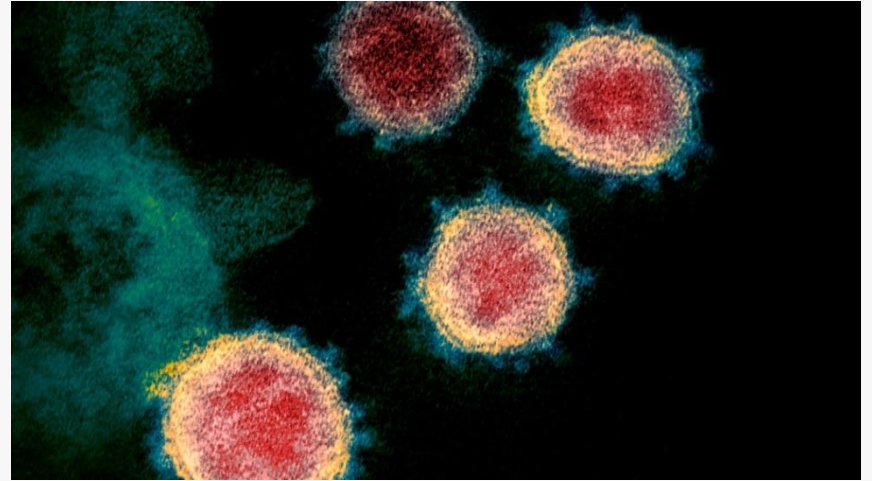
# This means that I could be getting the COVID-19 vaccine very soon.

- It is important that I get the COVID-19 vaccine to protect myself from getting sick.
- Doctors and scientists think less people will get sick from Covid-19 if more people have the vaccine.



**The COVID19 vaccine is like other vaccines I may have gotten before, like the flu shot or a tetanus shot.**

My body will create fighters to fight COVID-19 virus if I get infected.



# Should I get the vaccine?

- The vaccine is for anyone who could get the virus. This includes people who had the virus before and for people who have not had the virus.
- Most people should get the vaccine, but some people should not, like:
  - People under the age of 16
  - Those who had an allergic reaction to polyethylene glycol or polysorbate that can be found in skin cream or makeup.
  - People who have current Covid-19 symptoms.

# What if I'm not sure?

- If I am unsure if I should get the vaccine, I can talk to my doctor.
- A caregiver or staff member can help me to do this.



# What I need to know if I get the vaccine?

- Safety
- Side Effects
- Allergies
- Medication
- Who is paying for it
- Who will get it first





# Safety

- Doctors and scientists have done lots of work to make sure it is safe to use. Before I get the vaccine, I will be asked questions to make sure that it is safe for me.
- Few people have serious side effects or allergic reactions.



# Side Effects

- Some common side effects like other vaccines are as follows:
  - Pain at injection site
  - Headache
  - Feeling tired
  - Muscle or joint pain
  - Fever or chills
- If you feel any of these side effects in the 3 days after the vaccine, call 911 or tell your caregiver or staff and they will help you.

# Allergies

- Very few people are allergic to vaccines.
- The doctors and nurses will watch me closely after giving me the vaccine. They are there to keep me safe.
- If I have concerns about an allergic reaction to the vaccine, I can talk to my doctor. My caregiver or staff will help look for signs of side effects and allergies.



# Medication

- Most people who take different medications will not have to worry about how their medications mix with the vaccine.
- If I have any concerns about my medication and the vaccine, I can talk to my doctor.



# Who is paying for the vaccine?

- The Government of Canada is paying for everyone's vaccine.
- This means that the vaccine is free for me.



# Who will get the vaccine first?

- Some people will get the vaccine before others.
- People who are at greater risk from becoming very sick from Covid19 will get it first.
- I know my turn will come to get the vaccine very soon.



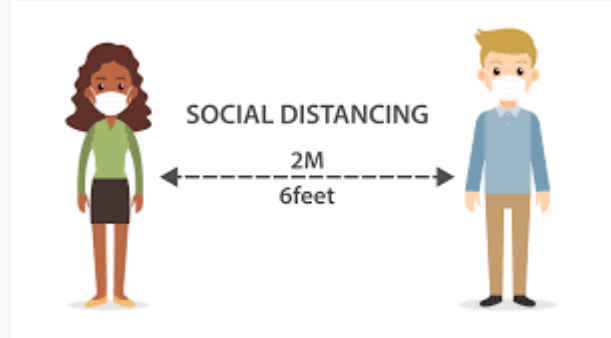
# What I need to know when I get the vaccine

- Safety at the appointment
- How to prepare
- What will happen
- What to expect after my vaccine
- How many times do I need to get the vaccine?



# Safety at the appointment

- Everyone is being very careful to make sure no one gets COVID-19 when they get their vaccine. Strict safety rules will be in place.
- This means when I go for my vaccine, I will need to wear a mask, wash my hands and stay 6 feet away from people in the clinic.





# How to prepare for my appointment



Have on a short sleeve t-shirt or sleeves that are easy to roll up



Pack my health card and immunization card and if I need it, an item that makes me feel happy or calm (e.g., iPad to play videos or a stress ball to squeeze)



Wash my hands



Put on my winter clothes and mask

# How to prepare for my appointment

If I am stressed or nervous about my appointment, I can do activities that keep me calm, like:

Deep breathing



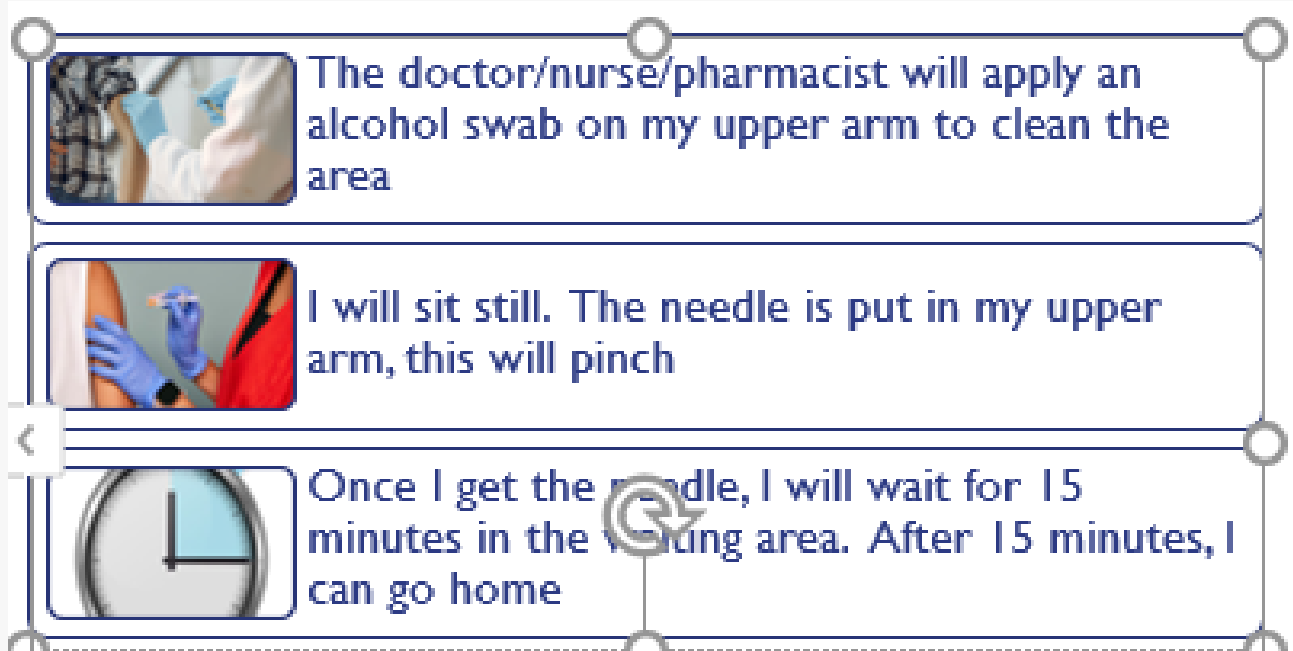
Listening to music



Going for a walk,



# What will happen when I get the vaccine?



# What to expect after my vaccine

- When I go home, I can carry on doing my regular routine.
- I might have sore muscles, a red spot where the needle went in, or a low fever after I get the vaccine. This is okay and normal! I can use an ice pack to make it feel better.
- If I don't feel well or am worried, I can call the doctor or nurse. They are here to help.
- If I am **very unwell**, I should call 911.



# How many times do I need to get the vaccine?

- I will need to get the vaccine **2 times**. This means after I get my first vaccine, I will need to get my second vaccine shortly after.



# How many times do I need to get the vaccine?

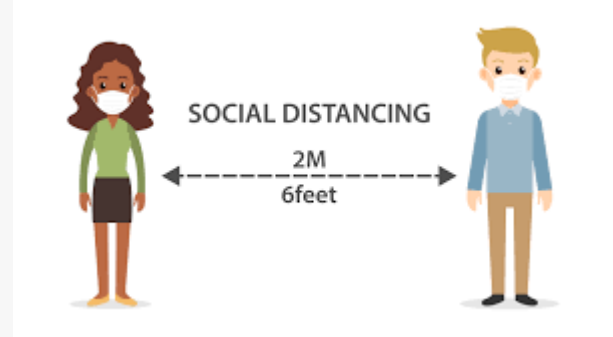
I will get my second vaccine on this date:

MONTH _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

It is very important that I get my second vaccine to make sure it works.

# What will life be like after I get the vaccine?

- Even though the COVID-19 vaccine is here and many people will be getting vaccinated, life will not go back to normal right away.
- It is going to take a long time for everyone to get vaccinated. This means COVID-19 rules will be around for a while.



# I will need to follow the COVID rules, even after I am vaccinated

To keep safe, I will continue to do things that I have been doing so well, such as **physical distancing**.



This means keeping 2 metres/6 feet distance from others **OR** the length of 1 pool noodle apart.



# I will need to wear a mask that covers my mouth and nose



This is especially important when it is difficult to physical distance from others, such as going to a medical appointment or in my home.

# I will need to wash my hands often using soap and water



If soap and water are not available, I will need to use hand sanitizer.



# I should wash my hands when:

- ✓ I come in from outside.
- ✓ After I have touched a surface or item from outside.
- ✓ Before I touch my face.
- ✓ Before I eat.



# I should stay at home as much as possible

- The only times I should be leaving home is for medical appointments, essential things, like food and medication, or to work.
- This means I can connect with my family and friends through phone, video or email.

