



# COVID-19 VACCINE INFORMATION



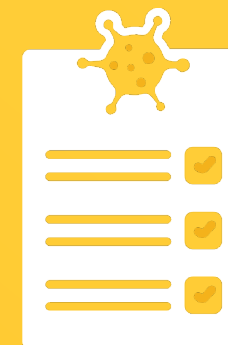


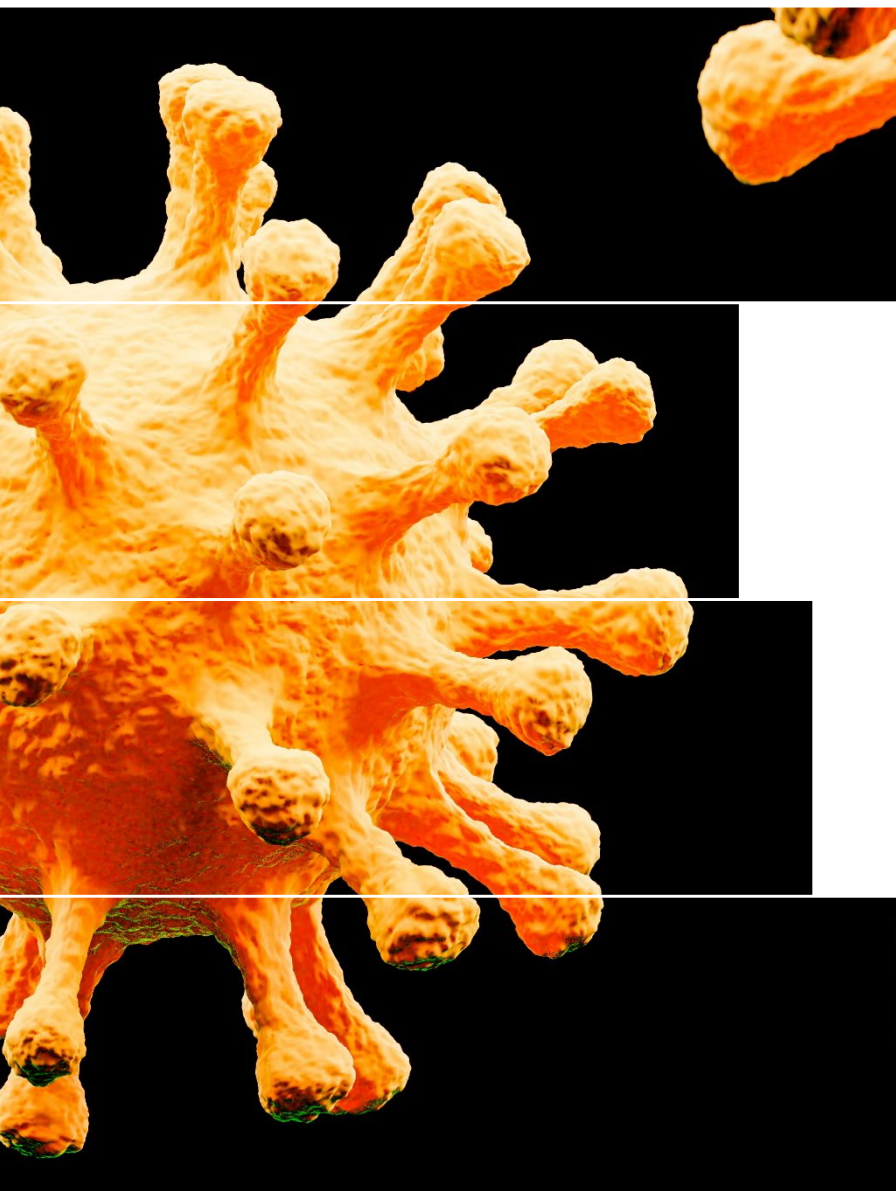


# COVID-19 Vaccine Information for Partner Communities



# COVID-19 and Vaccine Basics





# What we know about Coronavirus Disease 2019 (COVID-19)

- COVID-19 is an illness caused by a coronavirus. This coronavirus is a new virus that was first recognized December 2019 in Wuhan, China. These are a large family of viruses, some of which infect animals, and others that can infect humans.
- COVID-19, can result in a range of illness, from mild symptoms to severe illness and death. Some people, such as adults 65 and older or people with certain medical conditions, are more likely than others to become severely ill.
- Coronaviruses are most commonly spread from an infected person through:
  - respiratory droplets when you cough or sneeze
  - close personal contact, such as touching or shaking hands
  - touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands



# Symptoms of COVID-19

Those who are infected with COVID-19 may have little to no symptoms. Symptoms of COVID-19 are often similar to other illnesses.

## Symptoms of human coronaviruses can:

- take up to 14 days to appear after exposure to the virus
- be very mild or more serious
- vary from person to person. They may also vary in different age groups.

## Some of the more commonly reported symptoms include:



new or worsening cough



chills, fatigue and/or weakness



headache



shortness of breath or difficulty breathing



Muscle or body aches



gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)



Temperature equal to or over 38°C, feeling feverish



New loss of smell or taste



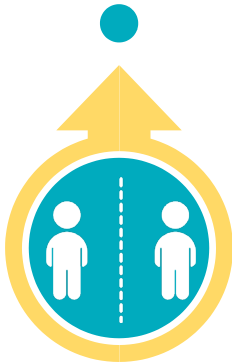
feeling very unwell

# How to prevent COVID-19

Avoid close contact with others. Stay at least 6 feet apart.



Wear a mask that covers your face and nose.



Avoid crowds and poorly ventilated spaces.



Wash hands often with soap and water.



Use a 60% alcohol-based hand sanitizer if soap and water are not available.



Avoid touching your face.



Clean & disinfect frequently touched surfaces daily.



Get a COVID-19 vaccine.



# What is the COVID-19 Vaccine and does it work?

- The COVID-19 vaccine has been developed to help your body resist the COVID-19 virus when you are exposed to it. When the vaccine enters your body, it teaches your body to recognize and fight against the COVID-19 virus so that you do not become sick.
- It takes about 7-10 days for the vaccine to do its work. After the first dose of a two-dose series, you may experience up to 70 per cent effectiveness. This rises to about 95 per cent about 10 days after the second dose.
- Questions remain about how long immunity lasts and whether a vaccinated person can still transmit the disease. Research into these and other questions continues.
- As with any vaccine, the COVID-19 vaccine may not provide complete protection for some people.



(Source: [www.fnha.ca](http://www.fnha.ca))

# COVID-19 Vaccines

The first COVID-19 vaccines are called mRNA vaccines. They are a new type of vaccine that don't contain viruses or bacteria. mRNA vaccines teach our cells how to make a protein that will trigger an immune response without using the live virus that causes COVID-19. Once triggered, our body then makes antibodies. These antibodies help us fight the infection if the real virus does enter our body in the future.

## About the Moderna COVID-19 vaccine

- The Moderna COVID-19 vaccine is used to prevent COVID-19. This disease is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).
- The vaccine is approved for people who are 18 years of age and older. Its safety and effectiveness in people younger than 18 years of age have not yet been established.

## Pfizer-BioNTech COVID-19 vaccine:

- The Pfizer-BioNTech COVID-19 mRNA vaccine is used to prevent COVID-19. This disease is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).
- The vaccine is approved for people who are 16 years of age and older. Its safety and effectiveness in people younger than 16 years of age have not yet been established.
- As with any vaccine, the COVID-19 vaccines may not fully protect all those who receive them.

Learn more about the COVID-19 vaccines that have been authorized in Canada: [COVID-19 vaccines](#)

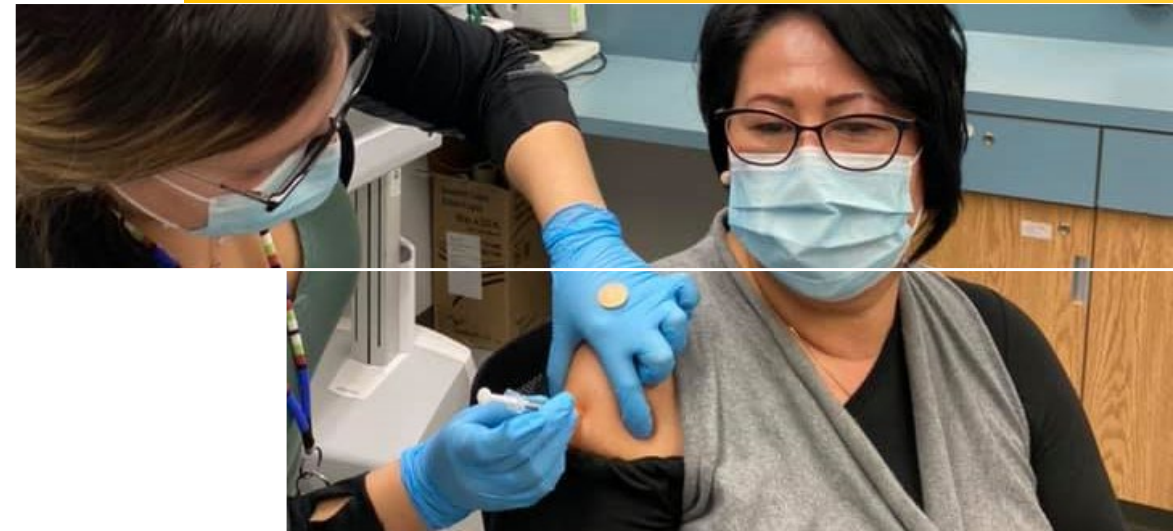


# COVID-19 Vaccination

- It is important that Community Members have the information needed to make an informed decision about choosing to take the COVID-19 Vaccine.
- During the COVID-19 pandemic, Indigenous leaders and healthcare providers have a key role.
- They look to traditional knowledge for wisdom and guidance. The new COVID-19 vaccines will complement this approach.
- We can all help by following public health guidelines and getting vaccinated. COVID-19 vaccines are free.

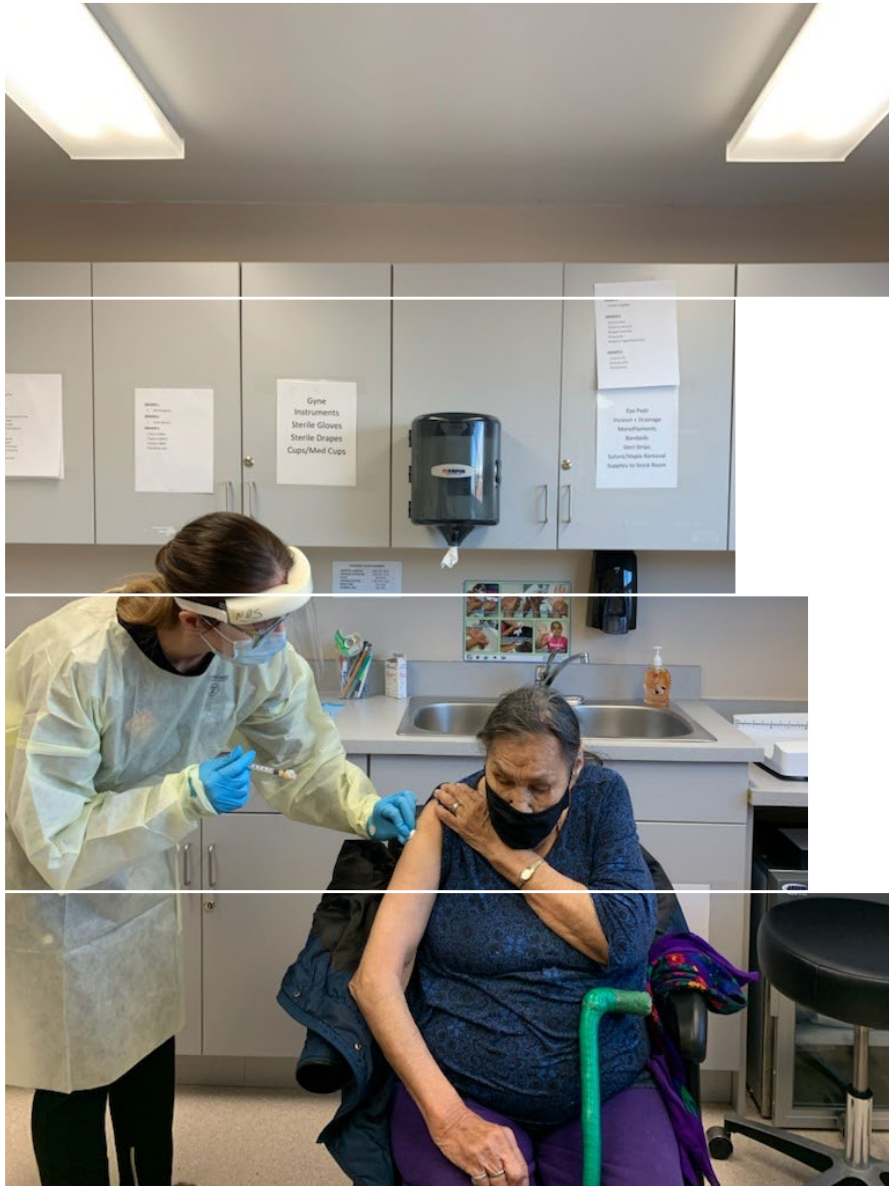


**The goal of Canada's COVID-19 immunization response is to:** enable as many Canadians as possible to be immunized as quickly as possible against COVID-19, while ensuring that high risk populations are prioritized.



# COVID-19 Vaccination

- Those who are most at risk will get the vaccine first:
  - front-line healthcare workers
  - people living in long-term care facilities
  - and some adults in our community
- Indigenous leaders are helping determine who will be vaccinated first.
- COVID-19 vaccines will help protect everyone, especially our Elders and the people most at risk.



# COVID-19 Vaccination Benefits

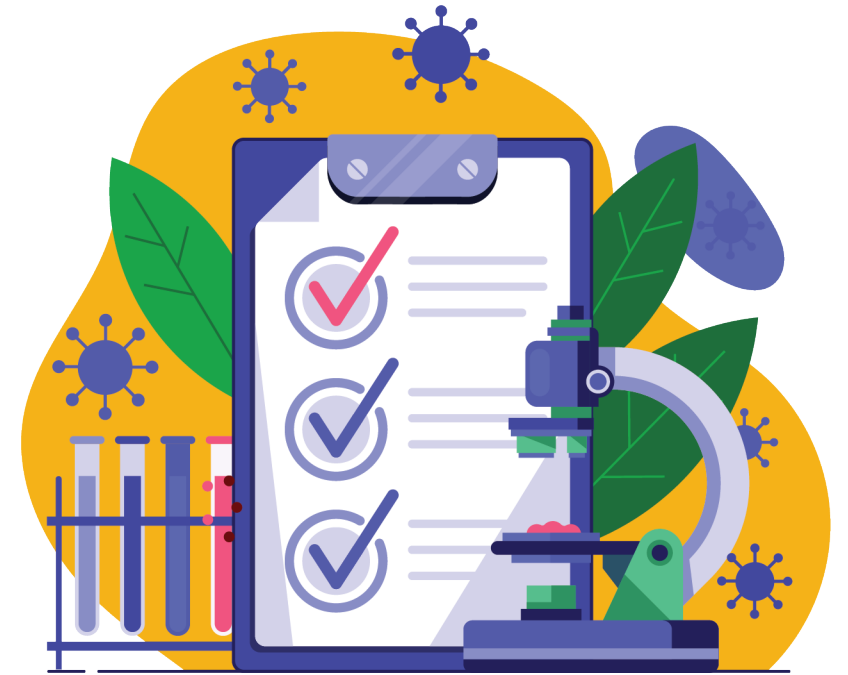
- Vaccines save lives. Vaccines don't just protect the people getting vaccinated; they can protect everyone around them too.
- The more people in a community who are vaccinated and therefore protected from COVID-19, the harder it is for it to spread.
- As more people get vaccinated, we will be able to return to activities that haven't been possible during the pandemic.





# COVID-19 Vaccination Benefits

- It is strongly recommended that First Nations people opt to get the vaccine when they are offered one.
- The risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity.
- COVID-19 vaccination will help protect you by building immunity without the risk of severe illness.



# COVID-19 Vaccine Safety

- Vaccines are safe. Canada is recognized around the world for its high standards of drug and vaccine review, approvals and monitoring symptoms; these will not be compromised.
- Before approving the use of a vaccine in Canada, [it must be tested](#) several times to make sure it's safe and effective.
- Even after vaccines are approved for use, their safety and effectiveness are regularly checked by people who give them, like:
  - nurses
  - doctors
  - pharmacists
- Their safety and effectiveness are also checked by:
  - pharmaceutical companies who make them
  - provincial and territorial health authorities
  - Health Canada scientists who review them
  - Public Health Agency of Canada through a monitoring system

Wondering if vaccines are safe? Watch this [vaccine safety video](#).



## 1 DEVELOPMENT

- Disease targeted for a vaccine. Research and development takes place.

- Pre-clinical tests in laboratory:  
*Can it work? Is it safe?*

- Researchers and manufacturer conduct clinical trials:

- PHASE**
- ① **Several volunteers:** *Is it safe?*
  - ② **Hundreds of volunteers:** *Is it safe? What's the ideal dose?*
  - ③ **Thousands of volunteers:** *Is it safe? How well does it work?*

- Ethical review is done on all vaccine research to ensure it meets the highest ethical standards and that the greatest protection is provided to participants who serve as research subjects.

## 2 TESTING & APPROVAL

- Health Canada examines results of clinical trials:

- Is the vaccine safe?
- Does it work?
- Which age groups?
- How many doses?
- Interval between doses?
- Side effects?
- Are the samples of consistent quality?
- Do the manufacturing facilities meet quality control standards?

- Health Canada approves the vaccine if it is determined to be safe, protective, and of high quality.

## 3 RECOMMENDATIONS

- National Advisory Committee on Immunization\* (NACI) reviews evidence on the best use of the vaccine:

- REVIEW**
- Who would benefit most from the vaccine?
  - How does it compare to similar vaccines?
  - Are there additional and ongoing safety data available?
  - How are other countries using it?
  - What additional research questions need to be addressed?

- Following Public Health Agency of Canada (PHAC) approval, the recommendations are made available to healthcare providers.

- Each province/territory decides on vaccine's use:

- Should it be publicly-funded (free)? If so, for whom?
- Where will it be available – Schools? Pharmacies? Doctors' offices? Public Health Clinics?

\*The National Advisory Committee on Immunization (NACI) has been recognized for over 50 years and is comprised of experts in the fields of pediatrics, infectious diseases, immunology, medical microbiology, internal medicine and public health.

## 6 MONITORING

- For as long as a vaccine is used in Canada, it is monitored for adverse events following immunization (AEFI).

- AEFIs are reported by:

- The general public
- Health professionals
- A network of pediatric hospitals
- Local public health units
- Provincial surveillance systems
- Networks of vaccine researchers conducting studies
- International monitoring
- Manufacturers

- PHAC and Health Canada review all AEFIs and investigate safety concerns. Actions are taken as required.

- NACI\* updates its recommendations to incorporate new information as it becomes available.

### Note:

Once available to Canadians, each vaccine is constantly monitored for safety and quality as long as it is used.

# VACCINE SAFETY IN CANADA

## 4 MANUFACTURING, TRANSPORT & STORAGE

- Manufacturer tests each batch of the vaccine to ensure pre-set quality standards are met.

- Health Canada inspects the manufacturing facilities and reviews vaccine lots before they are sold in Canada to ensure consistency and quality.

- Packaged and labelled vaccines are carefully stored and transported from manufacturer, to destination site and final administration, under controlled temperature ("cold chain").

## 5 VACCINATION

- A licensed health professional administers the vaccine and records details for the patient's record.

- Provincial, territorial and federal officials meet regularly to discuss vaccines and immunization programs:

- Have there been any safety issues?
- Has it reduced this disease in Canada?
- Are there new recommendations or products available?
- Do we have enough supply to meet the needs of Canadians?



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

[Canada.ca/vaccines](https://canada.ca/vaccines)

Canada





# COVID-19 Vaccine Side Effects

- Like any medication or supplement (including vitamins), vaccines can cause side effects and reactions.
- After being vaccinated, it's common to have temporary side effects. These reactions are mild and generally last one to two days.
- This is the body's natural response, as it's working hard to build immunity against the disease. This is called an inflammatory response or reaction. These reactions shouldn't disrupt daily activities and can be treated if needed.
- Common vaccine side effects may include:
  - mild fever
  - flu-like symptoms, such as:
    - chills
    - fatigue
    - joint pain
    - headache
    - muscle aches
- Redness, soreness or swelling in the arm or leg where the vaccine was given.
- You can take medicine to help with any pain or to lower a fever. Ask your health care provider what they recommend.

# Rare Vaccine Reactions

- Other rare reactions that could occur after a vaccine are:
  - a fever above 40°C (104°F)
  - swelling and an itchy rash where the vaccine was given
- Should you develop any serious symptoms or symptoms that could be an allergic reaction, seek medical attention right away.
- Signs of an allergic reaction include:
  - itchy rash
  - swelling of the face, tongue or throat
  - sudden low blood pressure
  - abdominal pain and vomiting
  - sneezing, coughing and difficulty breathing
- This is why you are asked to wait 15 minutes before you leave the clinic after getting a vaccination.

**\*If you or your child experience any unusual symptoms after your vaccination appointment, call your health care provider or call 811.**



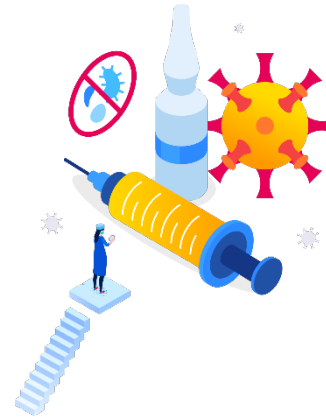
# Key Facts About COVID-19 Vaccination



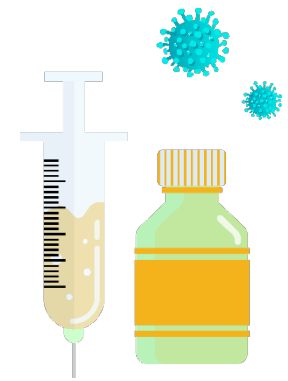
**Getting vaccinated  
can help prevent  
getting sick with  
COVID-19**



**People who have  
already gotten sick  
with COVID-19 may  
still benefit from  
getting vaccinated**



**COVID-19 vaccines  
cannot give you  
COVID-19**



**COVID-19 vaccines  
will not cause you to  
test positive on  
COVID-19 viral  
tests\***



# What to expect before, during, and after COVID-19 vaccination

## Before



- Learn about COVID-19 vaccines.
- See if COVID-19 vaccination is recommended for you.

## During



- Read the fact sheet that tells you about the specific COVID-19 vaccine you receive.
- Receive a vaccination record card.

## After

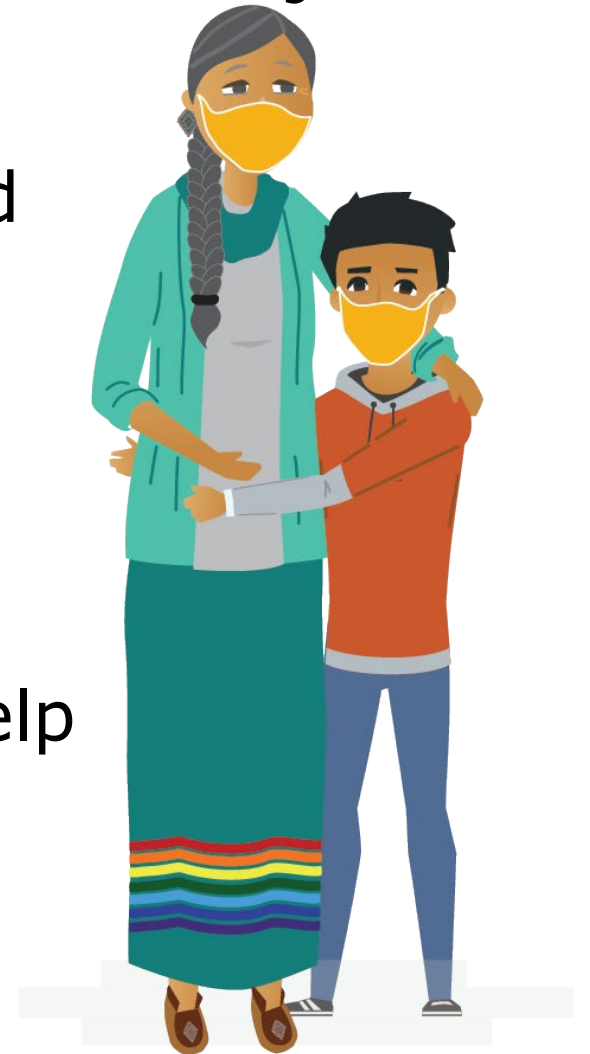


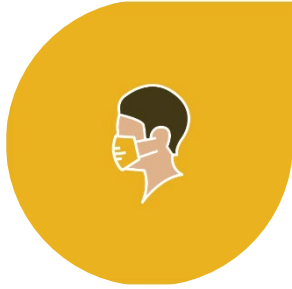
- Expect some side effects.
- Continue using all the measures to protect yourself and others.

# Vaccination is a choice you should make to protect yourself, your family and community

19

- Vaccination is a personal choice, it is part of good health and important for prevention of a serious disease. Choose to get vaccinated when it is offered.
- Share your experience with coworkers, friends, and family.
- Know the basics about the COVID-19 vaccine. Help answer questions from your family and friends.
- Please help spread the word and encourage your loved ones to practice safe behaviours.





# Even when the vaccines arrive in our community, the virus is still a threat

We need to continue keeping each other safe, we all need to do our part and follow public health guidance.

- Wash our hands often
- Wear a mask, making sure your nose and mouth are covered.
- Stay 2 meters apart
- Avoid gatherings
- Avoid crowds and poorly ventilated indoor spaces
- Get tested if you have symptoms





## Northern Inter-Tribal Health Authority

Click [here](#) for more info.



# COVID-19 Vaccine Website Resources

## Indigenous Services Canada

Indigenous Services Canada (ISC) works collaboratively with partners to improve access to high quality services for First Nations, Inuit and Métis. Our vision is to support and empower Indigenous peoples to independently deliver services and address the socio-economic conditions in their communities.

### Latest



Coronavirus and Indigenous communities



## Indigenous Services Canada

Click [here](#) for more info.

## Saskatchewan Health Authority

Click [here](#) for more info.



# Getting Vaccinated



# Where and when to get your vaccine:

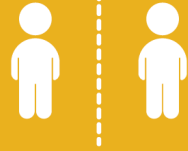
- Add location and times here.



# After Vaccination



**Cover your nose and mouth with a mask.**



**Stay at least 6 feet from people who don't live with you**



**Avoid crowds and poorly ventilated spaces.**



**Wash your hands.**



**Clean and disinfect frequently touched surfaces.**

## Continue with COVID-19 Preventative Measures

If you have questions about your health and vaccination, contact your healthcare provider.





Tiniki, Marsi,  
Wopida,  
Thank you.