

ASK AT EVERY VISIT — QUICK REFERENCE TOOL

The purpose of this initiative is to **build confidence** and **reduce barriers** to COVID-19 vaccination.



- **Identify if the individual would like more information about the COVID-19 vaccine and how to get vaccinated.**
- “We know some people have had challenges getting a COVID-19 vaccine. Is this something you need help with?”
- If client indicates YES, then move to the ASSIST step. If they indicate NO, let them know they may contact you in the future if they change their mind.



- **Help the client to make an informed choice about vaccination and provide information about how to get vaccinated.**
- “Here is some information about how to get your vaccine and what to expect.”

Possible ways to support clients:

- Discuss walk-in COVID-19 vaccine clinic locations.
- Provide additional COVID-19 vaccine information.
- Suggest that the individual talk to their family doctor or health care provider if they have questions about specific medical conditions or concerns.
- If feasible, offer to assist with transportation (e.g. connect them with ONE CARE free transportation if client is eligible, or provide bus tickets, taxi vouchers)

COVID-19 Vaccine Safety and Importance

- All of the approved mRNA vaccines have passed quality and safety standards.
- All vaccines provide strong protection against COVID-19 and its' variants.
- For those 18+, the best vaccine for your second dose is the vaccine that is available first. The only vaccine currently approved for 12-17 year olds is the Pfizer BioNTech COVID-19 vaccine.

Getting Your Vaccine

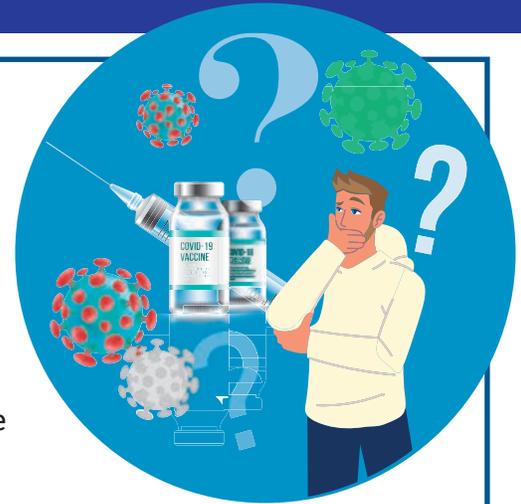
- Anyone age 12 and older can get their COVID-19 vaccine.
- Walk-in appointments and booked appointments are available.
- The time interval between first and second doses of mRNA vaccine is 28 days.
- To book an appointment or find a walk-in clinic, visit: www.hpph.ca/vaccine
- For appointments through local pharmacies, visit: covid-19.ontario.ca/vaccine-locations.

Vaccine information: www.hpph.ca/vaccine



COVID-19 Vaccine Frequently Asked Questions

- Messenger RNA (mRNA) is a genetic blueprint that tells your body how to make a protein found on the surface of the COVID-19 virus, called the spike protein.
- Once vaccinated, your body's immune system makes fighter cells and antibodies against the COVID-19 spike protein. If you come in contact with the COVID-19 virus in the future, your immune system will attack the virus and protect you from getting sick with COVID-19.
- mRNA vaccines **cannot** damage or change our DNA.
- The COVID-19 mRNA vaccines do not contain the live virus and **cannot** give us COVID-19.
- The COVID-19 vaccines are the first time that mRNA knowledge will be used widely in vaccines. mRNA has been studied by researchers for many years.



Creating a new vaccine can sometimes take years. The progress on COVID-19 vaccines happened more quickly for many reasons, including:

- advances in science and technology
- international collaboration among scientists, health professionals, researchers, industry and governments
- increased dedicated funding

No corners were cut while creating the vaccines. One minor change to the usual process was put in place: clinical trials were run at the same time as the vaccines were being made/manufactured; that way, vaccines could be shipped out to different countries as soon as the vaccines were approved by the different countries' health authorities.

Like any medication, vaccines can cause mild side effects and reactions that can last a few hours or a couple of days after vaccination. They are also a positive sign that the vaccine is beginning to work. Common side effects may include:

- redness, soreness or swelling on the arm where you got the needle
- muscle and joint pain
- tiredness
- chills
- headache
- mild fever

Long term side effects: It is more common for vaccines to have side effects that happen right away rather than many months or years later. As part of the vaccine safety program in Canada, ongoing, careful monitoring of the COVID-19 vaccines will continue. There is also longer-term follow-up of those who were vaccinated as part of the clinical trials. Health Canada posts weekly reports on vaccine safety.

If you have had COVID-19, you can still get the vaccine. It will help protect you from getting new COVID-19 infections. If you are recovering from COVID-19, you should wait to get the vaccine until you don't have any symptoms and are no longer in self-isolation.

Additional FAQs: www.hpph.ca/vaccine