



# COVID-19 Vaccine Information

Vaccination is one of the most effective ways to protect us against COVID-19. Vaccines are life-saving interventions that have been developed to protect against diseases like measles, small pox and polio that in the past killed hundreds of thousands or maimed millions of people around the world. It's thanks to vaccines that we don't see those diseases today.

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## Vaccine Development

These vaccines have been developed more quickly than usual because of:

- Unprecedented global collaboration with the world's leading scientists focused on a single task
- Nearly unlimited resources (money, knowledge, manpower, technology) were allocated to developing vaccines
- Trials were 10x larger than other vaccine trials in the past and included a large pool of diverse adult volunteer trial participants

Canada's independent drug authorization process is known around the world for its high standards and rigorous review process. Decisions are based on scientific and medical evidence. Vaccines authorized for use in Canada are safe, effective and of high quality.

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## Vaccines Approved for Use in Canada

### mRNA Vaccines

- mRNA vaccines are a new type of vaccine that don't contain viruses or bacteria.
- These 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.

### Viral Vector-based Vaccines

- These types of vaccines use a harmless virus as a delivery system. The vector virus used is not the virus that causes COVID-19. Once injected into the body, the virus contained within the vaccine produces the SARS-CoV-2 spike protein. This protein doesn't make you sick. It does its job and then goes away.
- People have been using these viruses for decades to deliver the instructions for proteins.

Currently, there are 4 vaccines approved for use in Canada. They are: **Moderna** (mRNA-1273), **Pfizer-BioNTech** (Tozinameran or BNT162b2), **AstraZeneca** (ChAdOx1-S), **Janssen** (Ad26.COV2.S)

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## Side Effects

The most common side effects are mild to moderate and happen within the first 3 days after vaccination, lasting about 1-2 days. They include:

- pain at the injection site
- headache
- fatigue
- muscle and joint pain
- chills and fever

Even if you experience mild side effects, it is important to receive the second dose. You may get the same side effects with your second dose.

A total of 1,778,405 vaccine doses have been administered in Canada as of February 26, 2021. Side effects have been reported by 1,591 people. **That's about 9 people out of every 10,000 people vaccinated who have reported one or more adverse events.**

Serious side effects are rare, but do occur. Of the 1,591 reports, 194 were considered serious **(0.011% of all doses administered)**

**Talk to your family doctor if you have questions/concerns about the vaccine, especially if you have any of the following conditions:**

- Severe allergic reaction to any other vaccine or injectable
- Severe allergic reaction to anything else
- History of fainting
- Bleeding problem, bruise easily or blood thinners
- Breastfeeding
- Pregnancy
- Auto-immune / Immunocompromised

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## Vaccine Rollout in Wellington-Dufferin-Guelph

Public Health has engaged with many partners in the region to help organize and rollout the vaccine. The plan is to vaccinate 75% of those at least 16 years old by August 2021. Once there is an increase of vaccine shipments, the program will be set up to give at least 10,000 doses per day.

Vaccines will be given to high-risk groups first. If you are part of a high-risk group, you will be contacted directly.

When public appointments can be booked, broad communication to the community will happen.

Wellington-Dufferin-Guelph Public Health has posted detailed information about the COVID-19 Vaccination plan in our area on their website. Pre-registration is open for eligible priority groups only. You can find out who is currently eligible on the site as well.

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**It is important to continue public health measures of social distancing and wearing a mask even after vaccination, until scientific experts say it is safe to stop.**

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## Help to Register for a Vaccination Appointment

1. Call the new Vaccine Registration and Booking Help Line

**1-844-780-0202**

Open Monday-Friday, 9 a.m. - 4 p.m. Messages will be answered within 1-3 business days.

2. Call your settlement counsellor at Immigrant Services: **519-836-2222**
3. Contact your local [Wellington County library](#)
4. Call any [Guelph Public Library](#) for assistance.
5. Ask a family member or friend for assistance.

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## Reliable Sources of Online Information about COVID-19 Vaccines

Click on the organizations below:

[Wellington-Dufferin-Guelph Public Health](#)

[Government of Canada](#)

[Province of Ontario](#)

[World Health Organization](#)

[Centers for Disease Control and Prevention \(CDC\)](#)

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*The information presented in this document has been sourced from the following:*

Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines.html>

Wellington-Dufferin-Guelph Public Health

<https://www.wdgpUBLICHEALTH.ca/your-health/covid-19-information-workplaces-and-living-spaces/covid-19-information-public/covid-19-1>

19 to Zero: United Against COVID-19

**IMMIGRANT SERVICES**   
Guelph-Wellington

104 Dawson Road, Unit 102, Guelph, ON N1H 1A6 T: 519-836-2222 F: 519-837-2884

[www.is-gw.ca](http://www.is-gw.ca)

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