



COVID-19 Vaccine Frequently Asked Questions

Are there long term side effects caused by mRNA COVID-19 vaccines? How do we know?

- The medical and scientific community is confident in the long-term safety of the mRNA COVID-19 vaccines – the vaccine is not expected to have any long-term effects
- Researchers have been working with mRNA for decades in vaccines and cancer research, and decades of studying mRNA have shown no long-term side effects. In addition, the mRNA in the vaccine is broken down pretty quickly in our cells
- Most side effects are mild and are caused by your immune system responding to the vaccine. These reactions usually don't last more than a few days

Do any of the COVID-19 vaccines authorized for use in Canada shed or release any of their components?

- No. Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in Canada contain a live virus.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

- Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you. There is no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines. Like all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years
- It is encouraged to get the COVID-19 vaccine if you want to get pregnant or are pregnant, as there is a greater chance that pregnant people will require hospital care and possible admission to the intensive care unit. Giving birth too early in pregnancy may be more common in pregnant people with severe COVID-19. Please see the COVID-19 Vaccination in Pregnancy & Breastfeeding Patient Decision-Making Tool for more information https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_vaccination_pregnancy_decision_making_support_tool.pdf

Can being near someone who received a COVID-19 vaccine affect my menstrual cycle?

- No. Your menstrual cycle cannot be affected by being near someone who received a COVID-19 vaccine. Many things can affect menstrual cycles, including stress, changes in your schedule, problems with sleep, and changes in diet or exercise. Infections, such as COVID-19, may also affect menstrual cycles

We still have to wear a mask so what's the use of the vaccine

- The COVID-19 vaccines are the way out of this pandemic
- Data to date shows reduced spread of COVID-19 in populations, regions, or facilities with higher rates of vaccination or those that were vaccinated earlier than others
- The best protection is at least 2 weeks after the second dose
- As we continue to have individuals vaccinated, our community becomes more protected
- We'll need to follow the public health measures until more people are protected by the vaccine



Common Beliefs COVID-19 Vaccines
<p>I already had COVID-19, so I won't benefit from the vaccine</p> <ul style="list-style-type: none"> We do not know yet how long natural immunity to COVID-19 lasts. Right now, it seems that getting COVID more than once is not common, but there are still many questions that remain unanswered. Experts say that, even if you've had COVID-19, it would still be appropriate for you to get the vaccine to make sure you are protected
<p>Since COVID-19's survival rate is so high, I don't need a vaccine</p> <ul style="list-style-type: none"> It's true that most people who get COVID-19 are able to recover. But it's also true that some people develop severe complications. So far, more than 3.9 million people around the world have died from COVID-19 – and that does not account for people who survived but needed to be hospitalized. Because the disease can damage the lungs, heart and brain, it may cause long-term health problems that experts are still working to understand. There's another reason to consider getting the vaccine: it protects those around you. Even if COVID-19 does not make you very sick, you could pass it on to someone else who might be more severely affected. Widespread vaccination protects populations, including those who are most at risk and those who cannot be vaccinated. It will be important for ending the pandemic
<p>We don't know what's in these vaccines.</p> <ul style="list-style-type: none"> Both Pfizer and Moderna have published the ingredient lists for their vaccines. In addition to the star ingredient, the COVID-19 mRNA for the spike protein, both vaccines contain lipids (fats) that help deliver the mRNA into your cells and a few other common ingredients that help maintain the stability of the vaccine. Despite theories circulated on social media, they do not contain microchips or any form of tracking device
<p>You can still get COVID-19 if you get the vaccine so why bother?</p> <ul style="list-style-type: none"> Vaccines work. You are less likely to get infected with COVID-19 after being fully vaccinated and if you do, you will likely experience milder symptoms and are less likely to be hospitalized Vaccination is one of the most effective ways to protect your health. Vaccines work with the body's natural defenses to develop protection against a disease One dose provides 60-80% protection from infection 3-4 weeks later. A second dose provides over 80% protection Vaccines can help prevent severe disease and COVID-19 related hospitalization by 70-90% Risk of contracting COVID-19 is extremely low after two doses: 5.1%
<p>The vaccine is the reason why our case numbers are going up</p> <ul style="list-style-type: none"> The COVID-19 vaccine does not cause COVID-19 The vaccines cannot give you COVID-19 because they don't contain the virus that causes it No immunization is 100% protective. You can still get infected with COVID-19 after vaccination, but your risk is much lower Risk of contracting COVID-19 after two weeks decreases and continues to decrease as immunization builds up
<p>I'll take my chances with COVID-19 instead of the vaccine</p> <ul style="list-style-type: none"> You are much more likely to get a serious complication from a COVID-19 infection than the vaccine COVID-19 infections that require hospitalization range from 18.9% to 31.4% with 13.8% to 20% being serious and 4.7 to 28% being critical Serious adverse events following immunization is 0.005%



I'm not going to be a guinea pig for your experimental vaccine

- The COVID-19 vaccines are safe
- Only vaccines that are proven to be safe, effective and of high quality are authorized for use in Canada. The COVID-19 vaccines have been rigorously tested during their development and then carefully reviewed by Health Canada
- Monitoring regarding COVID-19 vaccine safety is a continuous process
- mRNA vaccines have been in development for decades

References

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