

ASK AT EVERY VISIT — QUICK REFERENCE TOOL

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

ASK

- 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?”

ASSIST

- 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., bus tickets or taxi vouchers).

COVID-19 vaccine safety and importance

- All approved mRNA vaccines have passed quality and safety standards.
- All vaccines provide strong protection against **COVID-19** and its variants.
- For those 30+, the best vaccine for any of your doses is the first vaccine that is available.
- For those aged 12 to 29 years, Pfizer BioNTech is the preferred vaccine.
- The paediatric Pfizer BioNTech is the only vaccine currently approved for 5 to 11-year-olds.

How to get the vaccine

- Everyone 5 years of age and older can receive the vaccine.
- Community clinics (including 29 Sperling Drive) are open for all to access.
- For the most up to date information and clinic locations visit www.smdhu.org/Topics/COVID-19
- Many family doctors and nurse practitioners are offering the vaccine.
- The vaccine is also available at most local pharmacies - visit www.covid-19.ontario.ca/vaccine-locations

Where to get more information about COVID-19 Vaccine



Call Health Connection if you need help or have questions **705-721-7520** or **1-877-721-7520**



Call the Provincial booking line **1-888-999-6488** or visit www.ontario.ca/bookvaccine

Offers translation in 300 languages

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COVID-19 Vaccine Frequently Asked Questions for Youth

Why should youth get vaccinated?

Youth can get COVID-19 and spread it to others who might be at higher risk of illness, even if they don't have symptoms. Children and youth typically experience mild symptoms; however, others can get very sick, require hospitalization and experience more serious and longer-lasting symptoms. When youth get vaccinated, they will contribute to the community immunity of the wider population.

Does a parent need to accompany their child/teen to get their vaccination and to provide consent?

Parents or caregivers can choose to accompany their child/teen to get their vaccination but are not required to attend. Youth do not require parental or caregiver consent to book or receive vaccine. Informed consent is received from the individual, including those aged 12 to 17, as long as they have the capability to make this decision. This means understanding the treatment, why it is being recommended, and the risks and benefits if they accept or refuse to be vaccinated.

Were the vaccines rushed?

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.

What are the expected side effects? What about possible long-term side effects?

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
- tiredness
- headache
- muscle and joint pain
- chills
- mild fever

Rare cases of myocarditis and pericarditis (inflammation of the heart muscle and lining) have been reported following vaccination. Most cases occurred in young adult males under 30 years of age after the second dose of vaccine, and most had mild illness and recovered quickly.

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.

Additional FAQs: www.smdhu.org/Topics/COVID-19/Key-things-to-know-about-COVID-19-vaccines

Adapted from a resource produced by the City of Hamilton Public Health Services. Distributed by Simcoe Muskoka District Health Unit.