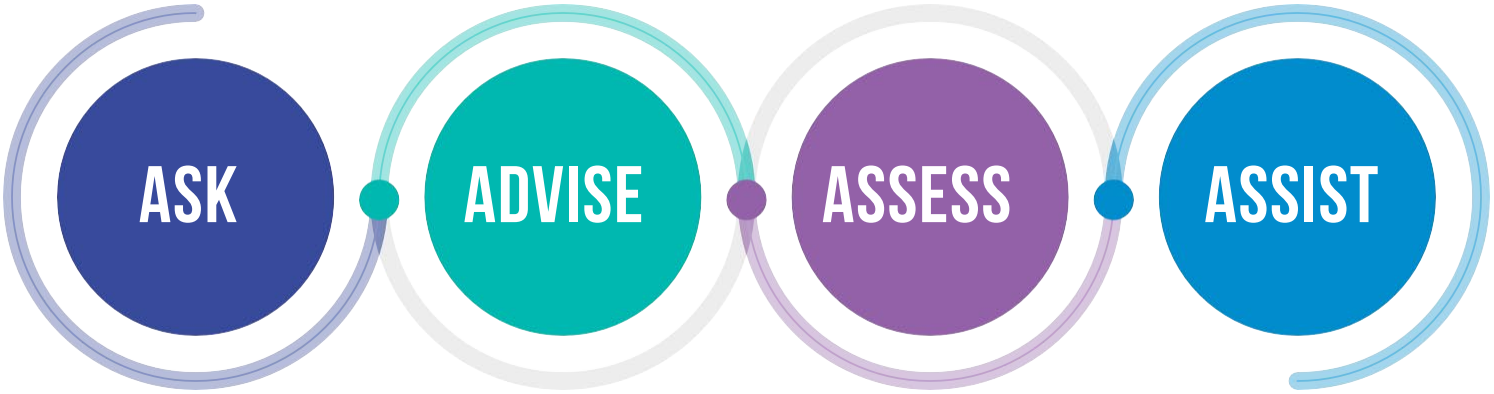
MINIMAL CONTACT COVID-19 VACCINE INTERVENTION

Ask at Every Visit

The 4A Model



ASK	ADVISE	ASSESS	ASSIST
• **Identify and document COVID-19 vaccine status for every client.** • "Have you received two doses of a COVID-19 vaccine?"	• **Encourage each client to receive two doses and a booster dose of vaccine.** • "Getting the COVID-19 vaccine helps protect you and the community."	• **Use motivational interviewing to assess the client's readiness to get vaccinated.** • "What do you know about COVID-19 vaccines?"	• **Help the client to make an informed choice about vaccination and how to get their vaccine.** • "Here is the information on how to book an appointment and what to expect."

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

MINIMAL CONTACT COVID-19 VACCINE INTERVENTION - QUICK REFERENCE TOOL

COVID-19 Vaccine Frequently Asked Questions

How do the COVID-19 mRNA vaccines work?

- 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.
- mRNA vaccines **cannot** damage or change our DNA.
- The COVID-19 mRNA vaccines do not contain the live virus and **cannot** cause COVID-19.
- The COVID-19 vaccines are the first time that mRNA knowledge has been used widely in vaccines. However, mRNA has been studied by researchers for many years.
- Once vaccinated, your body's immune system makes fighter cells and antibodies against the COVID-19 spikeprotein. 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.

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

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.

Should you get the vaccine if you have had COVID-19?

If you have had COVID-19, you should 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.smdhu.org/Topics/COVID-19/Key-things-to-know-about-COVID-19-vaccines

Booking and clinic FAQs: www.smdhu.org/Topics/COVID-19/Vaccine-and-Immunization

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

simcoe muskoka DISTRICT HEALTH UNIT

Tel: 705-721-7520
Toll free: 1-877-721-7520

simcoemuskokahealth.org

The situation is changing rapidly. Visit our website for regular updates:

www.smdhu.org/COVID19