

COVID-19 Vaccine

Vaccination,
the best protection

December 2020

Vaccination is the best protection against COVID-19 and its complications, in addition to other measures such as physical distancing, wearing a medical mask or face covering, and hand washing.

| Disease | Signs and symptoms | Possible complications |
|----------|--|---|
| COVID-19 | <ul style="list-style-type: none">• Fever• Cough• Trouble breathing• Loss of smell• Fatigue• Headaches• Muscle aches• Nausea, vomiting, diarrhea• Overall sick feeling | <ul style="list-style-type: none">• Pneumonia and other respiratory issues• Heart problems• Neurological problems• Death |

The vaccine

Vaccination is the best protection against COVID-19 and its complications. COVID-19 vaccine is recommended for people age 16 and over. Research is still being done regarding its use among people under 16.

COVID-19 vaccines require two doses. Shots are administered by intramuscular injection.

Symptoms after vaccination

Some symptoms may be caused by the vaccine (e.g., pain at the injection site). Other problems may occur by chance and are not related to the vaccine (e.g., cold, gastro). Most reactions are harmless and do not last long. Reactions are less common among people age 55 and over.

Vaccines cannot cause COVID-19 because they do not contain the SARS-CoV-2 virus that causes the disease. However, people who have been in contact with the virus in the days preceding their vaccination could still develop COVID-19.

Safe and effective

COVID-19 vaccine is approved by Health Canada and safe. It has met all the requirements for approval. The vaccine was tested on a large number of people. It has a 95% success rate. Experts are closely monitoring any adverse reactions that could occur following vaccination and taking measure to ensure that the general public receives a safe, effective vaccine.

(see verso)

COVID-19 Vaccine *(continued)*

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| Frequency | Possible reactions to the vaccine | What to do |
|--|---|---|
| In most cases (more than 50% of people) | <ul style="list-style-type: none">• Pain at the injection site• Headache• Fatigue | <ul style="list-style-type: none">• Apply a cold, damp compress at the injection site.• Use medication for fever or discomfort if needed.• See a doctor if symptoms are severe. |
| Very often (less than 50% of people) | <ul style="list-style-type: none">• Fever• Shivering• Joint pain• Muscle soreness | |
| Often (less than 10% of people) | <ul style="list-style-type: none">• Redness, swelling at the injection site• Diarrhea• Vomiting | |

If you have COVID-19 symptoms (fever, cough, trouble breathing, loss of smell, etc.), consult the *COVID-19 Symptom Self-Assessment Tool* to find out if you need to be tested:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/>

We recommend that you stay at the clinic for at least 15 minutes after vaccination because allergic reactions may occur. If an allergic reaction occurs, the symptoms will appear a few minutes after the vaccination. The person giving the vaccine will be able to treat this reaction immediately.

For any questions, contact the person giving the vaccine, or Info-Santé 811 or your doctor.