

Myocarditis/Pericarditis and COVID-19 Vaccines

You may have heard about rare reports of myocarditis/pericarditis after COVID-19 vaccination and have some questions. It is important to remember that the strong benefits of the COVID-19 vaccines far outweigh the low risk of myocarditis/pericarditis after COVID-19 vaccination.

Getting COVID-19 is far less likely among fully vaccinated people, and almost all people hospitalized from COVID-19 are unvaccinated.



What You Should Know

Getting vaccinated is **the best choice** you can make to protect yourself, your loved ones and your community from COVID-19.

What is myocarditis/pericarditis?

Myocarditis is inflammation of the heart muscle, and pericarditis is inflammation of the outer lining of the heart. These conditions are normally caused by **a viral infection**.

What are the symptoms of myocarditis/pericarditis?

Symptoms of these conditions may include chest pain; shortness of breath; or the feeling of a fast, pounding, or fluttering heartbeat.

Both myocarditis and pericarditis are more common after COVID-19 illness (**a viral infection**) than after vaccination. Myocarditis is six times more likely after COVID-19 infection than COVID-19 vaccination in young males, who are the highest risk group.¹

What do we know about myocarditis/pericarditis and the COVID-19 vaccines?

There have been rare reports of myocarditis/pericarditis after vaccination with an mRNA COVID-19 vaccine. When it does happen, it seems to be:

- Usually within a week after vaccination
- More often after the second dose
- More often in males
- More often in youth and young adults

The majority of cases have been mild, easily treated, and individuals recover quickly.

In Ontario, reports of myocarditis/pericarditis have been more common following vaccination with Moderna compared to Pfizer. Out of an abundance of caution, health experts in Ontario recommend that individuals under 25 years of age get vaccinated with Pfizer.

Get Vaccinated

Based on vaccine availability, both Moderna and Pfizer will be supplied at Public Health clinics. You can still get your vaccine if you don't have a health card.



**Find locations
to get
vaccinated:**



niagararegion.ca/covid-vaccine



Questions about COVID-19 vaccines for children and youth?

Anyone 12 years of age or older in Ontario can book a confidential phone appointment to speak with a paediatric registered nurse from The Hospital for Sick Children (SickKids). The service is available in multiple languages. To book a phone appointment visit sickkids.ca/vaccineconsult or call 437-881-3505 (toll free 1-888-304-6558).

COVID-19 Info-Line: 905-688-8248 press 7

Toll-free: 1-888-505-6074

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¹ Singer, M. E., Taub, I. B., & Kaelber, D. C. (2021). Risk of myocarditis from COVID-19 infection in people under age 20: a population-based analysis. medRxiv. DOI: <https://doi.org/10.1101/2021.07.23.21260998>