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 or just need more information. 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:

- Promote COVID-19 vaccine clinic locations and assist with booking an appointment
- 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. taxi vouchers). Clients can also use free transit; they just need to let the bus driver know which clinic they are going to.

  (subject to change; see niagararegion.ca/covid-vaccine for up-to-date busing information.)

Book your appointment

Online at ontario.ca/bookvaccine

Call the Provincial Vaccine Contact Centre at **1-833-943-3900**

You can still get your vaccine if you don't have a health card. Visit our website or contact our Info-Line (info on next page) to learn more.

Find locations to get vaccinated:

niagararegion.ca/covid-vaccine

COVID-19 Vaccine Safety & Importance

- Health Canada approved vaccines have passed quality and safety standards

- All vaccines provide strong protection against COVID-19 and its variants

- Most COVID-19 infections are in unvaccinated people. Cases among fully vaccinated individuals are far less likely.

- Serious illness (e.g. needing hospitalization or being on a ventilator) is very rare among fully vaccinated people. Almost all people hospitalized are unvaccinated.

- The vaccine teaches your immune system to recognize and fight COVID-19.

Vaccine Information

COVID-19 Info-Line

Talk to a public health professional

📞 905-688-8248
or 1-888-505-6074, press 7

💬 Chat online in 90 different languages with auto-translate

For additional FAQs and more visit:
niagararegion.ca/covid-vaccine

COVID-19 Vaccine Frequently Asked Questions

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

Informed consent is received from the individual, as long as they have the capability to make the decision. This means understanding the treatment, why it is being recommended, and the risks and benefits if they accept or refuse to be vaccinated. **It is preferred that children get their vaccine with a parent or legal guardian present at the clinic**. If necessary, children can go with an alternative caregiver to get vaccinated. A parent or legal guardian must be available by phone to provide verbal consent and review health history.

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

Like any medication, vaccines cause mild side effects and reactions that can last a few hours or a couple of days after vaccination.

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 after the second dose of vaccine, and most had mild illness and recovered quickly. Of note, both myocarditis and pericarditis are much more common after COVID-19 illness than after vaccination.

Vaccine side effects usually happen within a few days, and always within 6 weeks. Vaccines are quickly broken down and removed from your body, and so cannot cause side-effects many months or years later. The only lasting impact of vaccination is the training it provides your immune system.

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?

Yes. If you had COVID-19, you should still get the vaccine. It will help protect you from getting new COVID-19 infections.

Niagara ///// **Region**