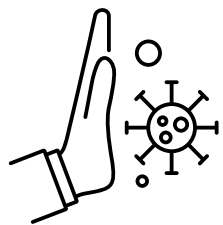


COVID-19 Vaccines

Vaccines are safe, effective and the best way protect you, your family, your friends and your community from COVID-19

COVID-19 Variants of Concern can cause increased spread and more severe disease. The Delta Variant is spreading in our area. Getting the COVID-19 vaccine protects against the variants and prevents you from getting very sick.



The vaccine helps to build up your immunity to the virus, so your body can fight it off more easily if it affects you. This can reduce your risk of becoming sick from COVID-19 and make your symptoms milder if you do get it.



It is safe and it works. Vaccines go through multiple stages of testing and approval and are used in Canada if they are safe and effective.



You cannot get COVID-19 from the vaccine. The COVID-19 vaccine does not have a microchip or magnets.



Anyone 12 years of age and older can get a COVID-19 vaccine. People of all ages can get COVID-19 and become very sick.



Vaccination prevents the spread and reduce the impact of COVID-19. This means we are less likely to be impacted by outbreaks and will get back to the things we love.

Most people have only mild side effects, if any

Like any medication, vaccines can cause mild side effects. Not everyone experiences them. Side effects can be a sign of a healthy immune system building a defense to the virus. Most side effects are not serious and go away on their own in a few days. The most commonly reported side effects are pain, swelling, and colour changes in the skin (e.g. red, purple) at the injection site, tiredness, headache, muscle pain, joint pain, chills, and mild fever. Serious side effects and allergic reactions are extremely rare.

If you are pregnant or breastfeeding it is recommended that you get a complete series of mRNA COVID-19 vaccine:

- Pregnant people are at higher risk for becoming very sick from COVID-19
- mRNA vaccines are safe and effective during pregnancy and breastfeeding
- There is no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems



What are mRNA vaccines?

mRNA vaccines, like Pfizer or Moderna, are a new type of vaccines. The technology used in these vaccines has been researched for decades. mRNA vaccines teach our cells how to make a protein from the virus that will trigger an immune response and create antibodies. These antibodies help us fight the infection if the real virus does enter our body in the future.

After you receive a COVID-19 vaccine, remember:

- **Complete the series.** It is important that you receive both the first and second dose
- **Keep Your Distance** from others (at least 2 m)
- **Wear a Mask** when in public
- **Wash Your Hands** often

For more information...

visit publichealthgreybruce.on.ca or ontario.ca/vaccine to learn more about the COVID-19 vaccine. You can also talk to a health care provider or your local health centre about the vaccine.