

March 10, 2021

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. RNA COVID-19 vaccine is recommended for people age 16 and over. Research is still being done regarding its use among people under 16.

RNA COVID-19 vaccines require two doses. Shots are administered by intramuscular injection. After the first dose, RNA vaccine efficacy is 92%. The second dose is mainly for long-term protection. Given the current very high spread of COVID-19, administration of the second dose can be postponed to allow more people to be vaccinated. It has a 95% success rate after two doses.

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.

Vaccine-induced reactions that prevent daily activities for one or two days may occur in a small minority of those vaccinated. Reactions include fatigue, headache, and muscle or joint pain. They can occur up to 8 days after vaccination. These reactions are less common among the elderly and occur slightly more often with the second dose.

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 or following their vaccination could still develop COVID-19. It is important to continue to apply health measures until a majority of the population has been vaccinated.

Safety of the vaccine

RNA 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. Experts are closely monitoring any adverse reactions that could occur following vaccination and taking measures to ensure the safety and effectiveness of the vaccine.

(see verso)

RNA COVID-19 Vaccine (continued)

Vaccination,
the best protection

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.

| Frequency | Known reactions to this vaccine | What to do |
|--|--|---|
| In most cases (more than 50% of people) | <ul style="list-style-type: none">• Pain at the injection site | <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">• Headache, fatigue, fever or shivering• Joint pain• Muscle soreness• Diarrhea or vomiting• Swollen armpit lymph nodes | |
| Often (less than 10% of people) | <ul style="list-style-type: none">• Redness, swelling at the injection site | |
| Rarely (less than 1 person in 1,000) | <ul style="list-style-type: none">• Facial swelling | |

Approximately 2 persons in 100,000 can have a severe allergic reaction after receiving this vaccine. The frequency of this reaction is higher than usually expected after a vaccine, but it is still very rare.

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.**