

We all have good questions about **vaccination**



Is vaccination effective against the pandemic?

Vaccination is one of the most effective ways to protect against COVID-19. It prevents the disease, limits serious complications and also prevents death. The more people get vaccinated, the less the virus can reproduce. Over time, it dies out, as has been the case for many diseases.

Vaccines have brought 7 major diseases under control: smallpox, diphtheria, tetanus, yellow fever, whooping cough, polio and measles.

What are the side effects of COVID-19 vaccines?

The side effects are relatively mild when compared with the serious and potentially deadly consequences of COVID-19. After getting the vaccine, you could feel pain at the injection site. Other possible effects are

- fatigue, fever or chills
- headache, muscle or joint pain

These mild-to-moderate symptoms usually last only 1 or 2 days.

Are COVID-19 vaccines effective?

14 to 28 days after receiving a first dose of vaccine, a person develops about 80% immunity to COVID-19. The second dose reinforces long-term immunity against the virus. Given the high level of protection after a single dose, the government plans on administering the second dose within 120 days (4 months).

Are COVID-19 vaccines safe, even though they were produced so fast?

Health Canada has rigorously followed the same protocols as those for all vaccines. Faced with this worldwide COVID-19 crisis, the search for a vaccine has become a priority in all countries. Never before has each step required to develop, test and approve vaccines been conducted this effectively.

To date, millions of people have been vaccinated around the world, with no serious side effects and no deaths linked to the vaccine.



Should I get vaccinated if I've had COVID-19?

Even if a person has had COVID-19, it is important that he or she get vaccinated to increase protection. People who have had COVID-19 and who get vaccinated don't necessarily have more side effects.

Why get vaccinated if the body can naturally fight off COVID-19?

People vaccinated against COVID-19 are protected against this disease. They are less at risk of having symptoms or developing severe illness.

Can the COVID-19 vaccine change my DNA?

No. This claim about messenger RNA vaccines (Pfizer and Moderna) is false. Messenger RNA vaccines cannot change people's genes. The vaccine never enters the nucleus of the cell, which is where DNA is kept. The cell quickly breaks down and gets rid of the messenger RNA.

Are COVID-19 vaccines effective against variants?

Yes. According to the latest data, vaccines currently in use are just as effective against the British variant. Studies are ongoing to determine their effectiveness against other variants. The vaccines will be adapted to other variants as needed.

Why should we continue to protect ourselves after getting the COVID-19 vaccine?

Even when a vaccine is very effective, it does not provide 100% protection. We need to keep following health measures to protect ourselves and others. It will take months to vaccinate enough people to have an impact.



**For more information
and to book an appointment:**



[Quebec.ca/COVIDvaccine](https://quebec.ca/COVIDvaccine)



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