

Contact Information For Local Public Health Units

Public Health Unit	Contact / Inquiry Details
Waterloo Region	Region of Waterloo Public Health Website: https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-pre-registration.aspx Telephone: (519) 575-4400
Wellington Guelph Dufferin	Wellington Guelph Dufferin Public Health Website: www.wdgpUBLICHEALTH.ca/your-health/covid-19-information-public Telephone: (519) 822-2715
Peel Region	Region of Peel Public Health Website: www.peelregion.ca/public-health/ Telephone: (905) 799-7700
Halton Region	Halton Region Public Health Website: www.halton.ca/For-Residents/New-Coronavirus Telephone: (905) 825-6000

Waterloo Region COVID-19 Vaccination Locations:

Pinebush Vaccination Clinic, Cambridge	Hours of operation: Every Wednesday through Sunday from 9 a.m. to 4 p.m. (Closed Mondays and Tuesdays) Address: SmartCentres, 66 Pinebush Road, Cambridge, ON N1R 8K5
The Boardwalk Vaccination Clinic, Waterloo	Hours of operation: Seven days per week from 10:30 a.m. to 5:30 p.m. Address: 435 The Boardwalk, Medical Centre 2, Suite 106, Waterloo, ON N2T 0C2
Wellesley Vaccination Clinic, Wellesley	Hours of operation: Every Tuesday and Thursday from 5 to 8 p.m. Every Saturday and Sunday from 9 a.m. to 4 p.m. Additionally, starting January 7th: Every Friday from 5 to 8 p.m. Address: 3710 Nafziger Drive, Unit A, Wellesley, ON N0B 2T0
Province-Wide: Pharmacies COVID-19 Vaccinations are also available at many selected pharmacies across the province. Search for local pharmacies offering vaccinations at: https://covid-19.ontario.ca/vaccine-locations	

Last Updated: January 2022

COVID-19 Vaccine Information

ATTACHMENTS:

- Ministry of Health | COVID-19 Vaccine Information Sheet (age 12+)
Version 1.0 – December 14, 2021
- Public Health Ontario | Coronavirus Disease 2019 (COVID-19) | What You Need to Know About mRNA Vaccines. October 19, 2021

LINKS:

World Health Organization (WHO): COVID-19 advice for the public – Getting Vaccinated

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines/advice>

Ontario Ministry of Health: COVID-19 Vaccine – Relevant Information Resources

- https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/covid19_vaccine.aspx#patients

Public Health Ontario:

Primer – Building Confidence in Vaccines

- <https://www.publichealthontario.ca/-/media/documents/ncov/vaccines/2021/04/covid-19-building-confidence-in-vaccines.pdf?la=en>

COVID-19 Vaccines

- <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/vaccines>

Ministry of Health

COVID-19 Vaccine Information Sheet (age 12+)

Version 1.0 – December 14, 2021

This document provides basic information only and is not intended to provide or take the place of medical advice, diagnosis or treatment, or legal advice.

Please read this information sheet carefully and make sure all your questions have been answered by a health care provider before you get the vaccine.

How do the COVID-19 vaccines work?

- The vaccines teach your immune system how to recognize and fight against the COVID-19 virus, which helps to prevent illness if you come into contact with the virus.
- The COVID-19 vaccine is given as a needle in the upper arm muscle.
- The vaccine does not contain a live virus. You cannot get COVID-19 from the vaccine.
- All COVID-19 vaccines authorized for use in Canada are very safe and effective and significantly help in preventing infection, illness, hospitalization, and death from COVID-19.

Which vaccine am I getting?

- The [Pfizer-BioNTech](#), [Moderna](#), [AstraZeneca](#) and [Janssen \(Johnson & Johnson\)](#) vaccines are all authorized for use in Canada.
- You will be offered an mRNA vaccine (Pfizer and Moderna)
 - If you are age 12-29, getting the Pfizer vaccine is preferentially recommended. Although very rare, mRNA vaccines (Pfizer, Moderna) have been linked to myocarditis (inflammation of the heart) and pericarditis (inflammation of the lining of the heart) with fewer reports of myocarditis/pericarditis after the Pfizer vaccine. For most people, the heart inflammation is mild and goes away within days.
- Mixing vaccine types and brands is safe and works well.

- It is important that you receive all recommended doses of the vaccine to get long-term protection against COVID-19. You are recommended to receive your first and second doses 8 weeks apart for optimal, longest lasting protection. This interval may be associated with a lower risk of myocarditis and/or pericarditis
 - Individuals may be recommended to get an additional dose of the COVID-19 vaccine because of their immune system response or because they are more vulnerable to COVID-19. See the [COVID-19 Vaccine Third Dose Recommendations](#) for more information.
- It is safe to get your flu shot or a different vaccine at the same time as your COVID-19 vaccine. A 14-day wait period before or after your COVID-19 vaccine is not required.

What are the ingredients in the vaccines?

- The vaccine contains lipids (fats), salts, sugars and buffers. COVID-19 vaccines **do not** contain eggs, gelatin (pork), gluten, latex, preservatives, antibiotics, adjuvants or aluminum.
- The vaccines are safe, even if you have food, drug, or environmental allergies.
- Talk to a health care provider first before getting a vaccine if you have allergies to the following vaccine ingredients: polyethylene glycol (PEG), polysorbate 80 and/or tromethamine (trometamol or Tris).
- Serious allergic reactions (anaphylaxis) to the vaccine are rare and can be treated. Get medical help if you have trouble breathing or develop hives or swelling in the face and throat after being vaccinated.

Before receiving the vaccine, tell the health care provider at the clinic who is providing the vaccine if:

- You are currently feeling sick or have [signs and symptoms](#) of COVID-19.
 - You should wait until your symptoms go away before getting vaccinated. If you have been told to self-isolate because of COVID-19 you should also wait.
- You have been deemed a close contact of a COVID-19 positive case.

- You should not attend a vaccine clinic and should wait until your isolation period is over to get your vaccine.
- You were diagnosed with myocarditis or pericarditis following a previous dose of a COVID-19 vaccine or have had myocarditis before.
 - You may need to speak with your healthcare provider before getting the vaccine.
- You have allergies or had an allergic reaction to a previous COVID-19 vaccine dose or another vaccine.
- You are immunosuppressed due to disease or treatment.
- You have ever fainted or became dizzy after getting a vaccine or medical procedure or you have a fear of needles.
- You have a bleeding disorder or are taking medication that could affect blood clotting.

For the AstraZeneca or [Janssen \(Johnson & Johnson\)](#) vaccine only, if you have previously experienced any of the following, you cannot get either vaccine: major venous and/or arterial thrombosis (blood clot) with thrombocytopenia (low platelets), cerebral venous sinus thrombosis with thrombocytopenia (CSVT), heparin-induced thrombocytopenia (HIT), or capillary leak syndrome. These are very rare side effects of these two vaccines.

It is safe for pregnant and breastfeeding individuals to receive the COVID-19 vaccine. For more detailed information regarding allergies, immunocompromised, pregnant or breastfeeding individuals, see the [Special Populations](#) document.

What are the normal side effects to expect after receiving the vaccine?

Some mild side effects may occur after getting the COVID-19 vaccine, such as pain and swelling where the vaccine was given, tiredness, muscle or joint soreness, headache or mild fever. These side effects are normal signs that the body is building protection. Serious side effects after receiving the vaccine are extremely rare.

If I am feeling unwell after my vaccine, when should I call a health care provider?

If you experience a high fever (over 40°C or 104°F), or side effects that are worrying you or do not seem to be going away after a few days, contact your health care provider or seek medical attention. Go to the nearest **emergency department or call 911** if you have serious drowsiness, seizures/convulsions, hives, swelling of the

face, throat or mouth, trouble breathing or other serious symptoms (e.g., “pins and needles” or numbness).

If you received the Pfizer or Moderna COVID-19 vaccine, please **seek medical attention** if you have any of these symptoms after receiving the vaccine: chest pain, shortness of breath, heart palpitations (pounding or racing heart) or an abnormal heart beat. These may be symptoms of myocarditis or pericarditis, which are a very rare and treatable side effect from the vaccine.

If you received the AstraZeneca or Janssen (Johnson & Johnson) vaccine and you develop any of these symptoms within 42 days, please **seek medical attention**: shortness of breath, chest pain, limb swelling/redness/coldness or pain, persistent back or abdominal pain, unusual bleeding, skin bruising (other than where the vaccine was given) or red/purple spots under the skin, new severe headaches, persistent or worsening headaches, blurred or doubled vision, difficulty speaking or moving, numbness or “pins and needles.”

If I have questions, who should I ask?

If you have any questions, please speak with a health care provider or the person providing the vaccine. You can also contact your [local public health unit](#) to ask questions or to report an adverse reaction following vaccination.

Coronavirus Disease 2019 (COVID-19)

What You Need to Know About mRNA Vaccines

This fact sheet provides information on the safety and effectiveness of mRNA vaccines. For more information, see Public Health Ontario's [COVID-19 Vaccines: mRNA Vaccines](#) or visit the [COVID-19 Vaccines](#) webpage.

About mRNA COVID-19 vaccines

- Messenger ribonucleic acid (mRNA) vaccines are designed to produce an immune response that protects us against the virus that causes COVID-19.
- The two currently authorized COVID-19 mRNA vaccines available in Ontario are the Pfizer-BioNTech Comirnaty® and Moderna Spikevax® vaccines.



How do mRNA vaccines work

- The vaccine works by delivering genetic instructions, mRNA, to our cells to produce a copy of a protein that is found on the surface of the COVID-19 virus.
- These viral proteins, known as antigens, are recognized by the body which starts an immune response.
- The vaccine does not give you the virus or cause an infection. After our cells make copies of the protein, they destroy the mRNA from the vaccine.

mRNA vaccines are safe and effective

- The mRNA vaccines were authorized by Health Canada after they were shown to be safe, effective (94-95%) and of high quality in clinical trials.
- In the real world, both Pfizer-BioNTech Comirnaty® and Moderna Spikevax® COVID-19 vaccines are both equally effective in preventing COVID-19 among people who have received two doses.
- Both mRNA vaccines work the same in preventing hospitalization and death, and work comparably against the circulating variants of concern.
- The vaccines cannot give you COVID-19.
- The vaccines do not interfere with COVID-19 test results used to look for infection and do not give false positive test results.
- More research is being done to determine how long the vaccine protection lasts and if it will prevent others around you from getting sick with COVID-19.



Like every vaccine, there may be possible side effects

- The most common side effects are pain at the injection site, fatigue and a headache.
- Other common side effects can include: fever, chills, muscle pain and joint pain.
- These side effects usually occur within 1-2 days after vaccination and go away within 1-3 days.

Myocarditis/Pericarditis

- mRNA COVID-19 vaccines have been associated with rare reports of myocarditis (inflammation of the heart) and pericarditis (inflammation of the lining of the heart).
- As of Sept 29, 2021, Pfizer-BioNTech Comirnaty® is preferentially recommended for 18-24 year olds, and continues to be the only product used for 12-17 year olds in Ontario, based on provincial vaccine safety surveillance.
- For more information see Public Health Ontario's [At a Glance: Myocarditis and Pericarditis following COVID-19 mRNA Vaccines](#).

Continue to protect yourself and others

- Until vaccines are widely available, it is important to continue to protect yourself and those around you from COVID-19.
- Keep practicing protective measures such as washing your hands, physical distancing, covering your mouth when you cough, wearing a mask and following local public health guidance.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of October 19, 2021

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