

## COVID-19 VACCINE UPDATE #19 FROM HALTON REGION PUBLIC HEALTH

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TO: Halton Physicians, Nurse Practitioners, Emergency Departments, Pharmacists

FROM: Dr. Joanna Oda, Associate Medical Officer of Health

DATE: March 15, 2021

RE: COVID-19 Vaccine Update 19: Healthcare Provider patient toolkit for promoting COVID-19 immunization

### QUICK FACTS

- Halton Region Public Health has created a Healthcare Provider patient toolkit which includes a variety of print and digital materials to help promote COVID-19 immunization
- There is a new [COVID-19 vaccine webpage for health care professionals](#). Visit [halton.ca/COVIDvaccines](https://halton.ca/COVIDvaccines)
- **Halton residents who are 80 years of age and older can book an appointment to receive the COVID-19 vaccine** at a Halton COVID-19 Vaccination Clinic:
  - Compass Point Bible Church, 1500 Kerns Road, **Burlington**
  - Joseph Brant Hospital, 1245 Lakeshore Road, **Burlington**
  - Gellert Community Centre, 10241 Eighth Line, **Georgetown**
  - FirstOntario Arts Centre Milton, 1010 Main Street East, **Milton**
  - St. Volodymyr Cultural Centre, 1280 Dundas Street West, **Oakville**
- Transportation will not be a barrier to immunization for persons 80 years of age and older. Free transportation options available at [halton.ca/COVIDvaccines](https://halton.ca/COVIDvaccines) or by calling 311.

### OUTREACH MATERIALS AVAILABLE FOR YOUR USE

- The following materials are attached and some are available to download at a [shared folder/BOX drive](#):
  - Newsletter or email content; phone script and auto-attendant greeting
  - [Video explaining what to expect at a COVID-19 vaccination clinic](#)
  - Social media image
  - [COVID-19 vaccine clinic promotional registration postcard PDF](#) (available to order in print free of charge – great for pharmacists to include in medication bags)
  - Vaccine fact sheet PDF (available to order in print free of charge)
  - Post-vaccination fact sheet PDF (available to order in print free of charge)
  - Car travel guidelines PDF (available to order in print free of charge)
- Order print materials using our [online order form](#). The materials will be mailed directly to you and should arrive within 7 days. Translated materials are in development.
- **Eligibility criteria will be expanded as more supply arrives and provincial direction is received. Public Health will communicate updates through multiple channels. Please be prepared to update this information.**

### HELPING THOSE 80 AND OVER TO BOOK AN APPOINTMENT

- Halton residents aged 80 and older can book a COVID-19 vaccine appointment online at [halton.ca/COVIDvaccines](https://halton.ca/COVIDvaccines) or by calling 311.

### DIRECTING QUESTIONS

- Please refer residents to [halton.ca/COVID19](https://halton.ca/COVID19), email [accesshalton@halton.ca](mailto:accesshalton@halton.ca) or call 311.

Please report all suspected/confirmed cases of [Diseases of Public Health Significance](#) to Public Health immediately by calling 311, 905-825-6000 or toll free at 1-866-442-5866.

PLEASE POST IN EMERGENCY DEPARTMENTS AND PHYSICIAN LOUNGES – IF YOU CAN'T ACCESS HYPERLINKS OR DIDN'T RECEIVE IN FULL, PLEASE EMAIL [DOCTORS@HALTON.CA](mailto:DOCTORS@HALTON.CA) FOR ELECTRONIC COPY.

## COVID-19 Public Health Guidelines: Car Travel

This document provides public health guidance for people who are travelling in a car with those outside of their household.

### Check for COVID-19 symptoms

- Drivers and passengers should complete the online [COVID-19 self-assessment](#) before travelling.
- **Stay home if you have [symptoms](#) of COVID-19, have travelled outside of Canada in the last 14 days, have been instructed to self-isolate or have been in contact with someone who has COVID-19 symptoms or has travelled outside of Canada in the last 14 days.**

### Wear a mask

- Drivers and passengers should wear masks or face-coverings that cover the nose, mouth and chin without gaping.

### Maximize physical distance and reduce contact

- Keep a minimum physical distance of two metres (six feet) between people when loading and unloading the car. If a passenger requires assistance, sanitize hands afterwards.
- Maximize the distance between drivers and passengers as much as possible. Consider having passengers sit in the back seat.
- Do not drive multiple people, unless they are part of the same household or the passenger is travelling with an essential caregiver.

### Keep hands and surfaces clean

- Passengers should wash their hands or use hand sanitizer before and after travelling in the car.
- Drivers should wash their hands or use hand sanitizer before and after each passenger.
- Disinfect high-touch surfaces (for example, door handles) frequently using a disinfectant wipe.
- Practice respiratory etiquette by coughing or sneezing into the elbow or a tissue.

### Increase fresh air intake

- Open windows to improve fresh air intake and avoid using the recirculated air option.

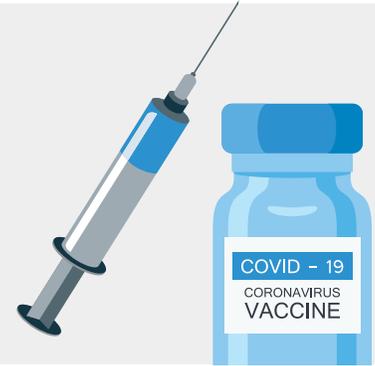
### Keep a list of passengers

- Drivers should keep a list of the date, name and contact information of each passenger for contact tracing purposes if required.
- Passengers should write down the name and contact information of their driver.

# What you need to know about the COVID-19 vaccine

## What is the COVID-19 vaccine?

- The COVID-19 vaccine protects you from getting sick from the virus that causes COVID-19. This is important because COVID-19 can cause severe sickness or death.
- The vaccine does not contain a live virus. You cannot get COVID-19 from the vaccine.



Getting the COVID-19 vaccine can protect you and builds community immunity.

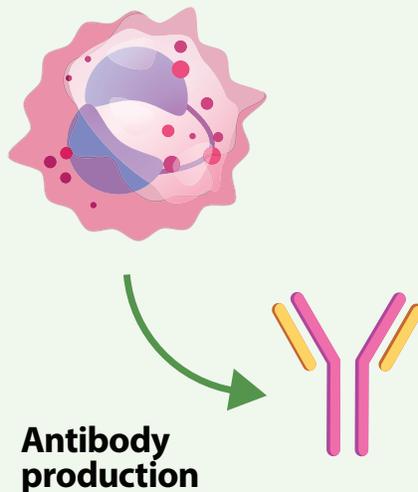
## How does the vaccine work?

1

The vaccine is injected into the muscle of your arm by a health care professional trained in administering vaccines.

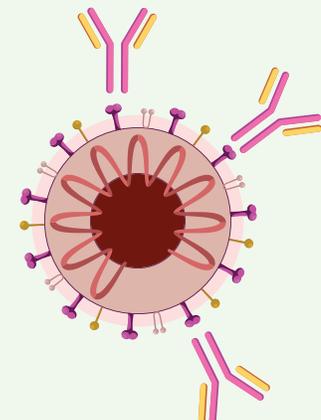
2

The vaccine stimulates the body's immune system to produce antibodies that can fight the COVID-19 virus.



3

If you are exposed to the COVID-19 virus in the future, your immune system will be prepared to fight off the virus to reduce the odds of you getting sick or reduce the effects of the virus.



## How was the COVID-19 vaccine approved in Canada?

- Health Canada has approved four COVID-19 vaccines for use in Canada so far, the **Pfizer-BioNTech vaccine, Moderna vaccine, AstraZeneca vaccine** and **Janssen vaccine**.
- Clinical trials tested the vaccines for safety and effectiveness on thousands of people.
- mRNA vaccine technology used in the Pfizer-BioNTech and Moderna COVID-19 vaccines is not new and has been used in research trials for many years.
- Viral vector technology used in the AstraZeneca and Janssen COVID-19 vaccines have been used in vaccine development for over ten years.
- The COVID-19 vaccines were approved quickly because of:



**Increased funding**



**International collaboration among scientists, governments and industry**



**Advances in science and technology**



**Health Canada has approved the COVID-19 vaccine because evidence shows that they are safe, effective and of good quality.**

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

Some mild side effects are common after you get the COVID-19 vaccine, such as pain at the injection site, muscle soreness or headache. These side effects are more common after the second dose and are normal signs that your body is building protection. Serious side effects after receiving the vaccine are rare.

## COVID-19 Vaccines are effective



All COVID-19 vaccines approved for use in Canada are effective at preventing serious COVID-19 illness, hospitalization and death.



If you are concerned about getting the vaccine due to any underlying health conditions or medications that you are currently taking, **talk with your doctor before receiving the COVID-19 vaccine.**

For more information about COVID-19, visit [halton.ca/COVIDvaccines](https://halton.ca/COVIDvaccines) or call 311.



# HALTON REGION

## COVID-19 VACCINE PROGRAM

Halton Region Public Health is now offering the COVID-19 vaccine to **residents 80 years of age and older.**

To book an appointment:



Visit **[halton.ca/COVIDvaccines](https://halton.ca/COVIDvaccines)**



Residents who require booking support can also call 311 and a customer service representative will assist in the booking process.

# COVID-19 Vaccine Appointment Reminder

Dose	Date	Time	Location
Dose 1			
Dose 2			

Our vaccine program remains dependent on supply from the Federal Government and direction from the Province.

Visit [halton.ca/COVIDvaccines](https://www.halton.ca/COVIDvaccines) or call 311 for more information about the COVID-19 vaccine program in Halton.



# What to Expect after Getting a COVID-19 Vaccine

## What should I do right after receiving the vaccine?

Wait for **15 minutes** after receiving the vaccine to ensure you are feeling well. During this time, do not operate a vehicle or other form of transportation.

You may be asked to wait for **30 minutes** if there is a concern about a possible vaccine allergy.



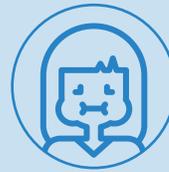
## Tell clinic staff if you are feeling unwell or if any of these symptoms develop:



Hives (bumps on skin that are itchy)



Difficulty breathing

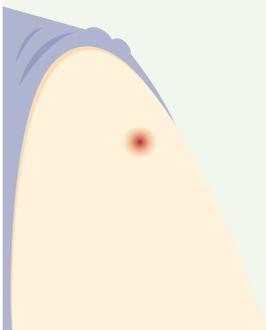


Swelling of your face, tongue or throat



Dizziness

## What could I expect in the next few days?



### On the arm where you got the vaccine:

- Pain
- Redness or Swelling



### Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache
- Muscle/joint pain

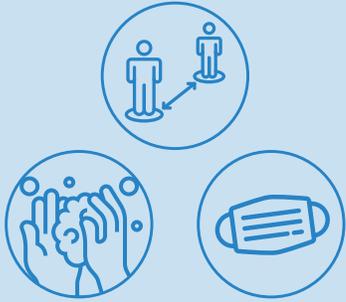
## When to call your doctor

Allergic reactions to the vaccine are rare. However, they may occur up to three days after receiving the vaccine. Contact your doctor if you develop any of the symptoms below. If your symptoms are severe, call 911.

- hives
- swelling of the face or mouth
- trouble breathing
- very pale colour and serious drowsiness
- high fever (over 40°C)
- convulsions or seizures
- other serious symptoms (for example, "pins and needles" or numbness)



## Things to remember after you receive the vaccine



**Continue to follow public health measures** to prevent the spread of COVID-19.



**Do not receive any other vaccines** for 28 days after your second dose (unless your doctor recommends it).

## Getting your second COVID-19 vaccine



The timing between your first and second dose depends on which vaccine you received and direction from public health.

- You should get the same vaccine for your second dose.
- Keep this handout AND your printed COVID-19 Immunization receipt from the vaccination today in a safe place.
- Bring the COVID Immunization receipt with you for your second dose of vaccine.

## More Information

For more information and updates, visit [halton.ca/COVID19](https://www.halton.ca/COVID19) or call 311.

