

How to Prepare for your COVID-19 Vaccine

This information is current as of March 5, 2021

IMPORTANT: Please do not attend your appointment if you are not well or begin to show symptoms of COVID-19. If you have any one (1) [symptom](#) of COVID-19, you must:

- stay home or return home to [self-isolate](#) immediately. This means staying home, asking others to get essential items for you and having no close contact with anyone; and
- contact your health care provider or book an appointment to be tested at a [COVID-19 Assessment Centre](#).

On the day of your appointment

- Take any regular medication and eat meals as usual.
- Wear a loose-fitting shirt that allows easy access to your upper arm.
- Do not wear any scented products (such as perfumes or scented moisturizers).
- Expect to be at the vaccine clinic for approximately 30 minutes.

What to bring to your appointment

- The government issued I.D. that you used to book your appointment.
- Your mask or face covering. It must be worn at all times.
- Assistive devices as needed (for example, scooter, wheelchair, cane).
- Reading glasses and/or hearing aid, if required.
- A support person if required (for example, interpreter).

At your appointment

- Please follow all signs and instructions provided to you at the clinic.
- Public Health staff will greet you when you arrive at the clinic entranceway.
- Staff will ask to see your Ontario Health Card or other government issued I.D. that was provided when you booked your appointment.
- To maintain physical distancing and safety measures, **please arrive 10 minutes prior (and not earlier)** to your appointment for registration.
- You will be screened for COVID-19 symptoms before entering into the clinic and asked to provide consent to receive the vaccine. If you do not pass the screening, you will not be permitted to enter the building and your appointment will be re scheduled.
- A trained Public Health staff will inject the vaccine in your upper arm with a needle.
- After your vaccination, stay seated for 15 minutes (30 minutes for those with a history of severe allergies) to be sure you are feeling well. Let the clinic staff know right away if you feel unwell.
- You will receive a proof of immunization before you leave the clinic.

After vaccination

Please continue to practice [public health measures](#) to stop the spread of COVID-19 (for example, physical distancing, wearing a mask, etc.).

For more information visit halton.ca/COVID19 or call 311.