

How to Prepare for your COVID-19 Vaccine

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

- Bring a piece of identification, or combination of documents, that include **a photo, full legal name and date of birth**. Accepted documents include but are not limited to:
 - government issued identification, including out-of-province I.D.s or foreign national passports
 - health card
 - driver's license
 - piece of registered mail
 - pay stub
 - student card
- Bring proof that you fit the [eligibility criteria](#), such as proof of Halton residency (see [halton.ca/COVID19vaccines](#) "Preparing for your appointment" webpage for more details).
- Your mask. 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

- To maintain physical distancing and safety measures, **please arrive 10 minutes prior (and not earlier)** to your appointment for registration.
- 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.
- 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 rescheduled.
- Staff will ask to see your identification and proof of eligibility.
- 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. This includes keeping a physical distance of two metres between others outside your household, wearing a mask and following good hand hygiene. Gathering limits still apply to those who have been vaccinated.

For more information visit [halton.ca/COVID19](#)