

# Which COVID-19 vaccine will I get?

COVID-19 vaccines are safe and effective, and provide strong protection against getting seriously ill, having to go to hospital or dying from COVID-19.

## Which vaccine will I get?

### Individuals 12 to 29 years of age

#### Pfizer → Why Pfizer?

A small number of cases of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) have been reported following COVID-19 vaccination. Cases are more common in those aged 12-29.



Fewer cases have been reported after vaccination with Pfizer compared to Moderna. Out of an abundance of caution, the Province recommends the use of the Pfizer vaccine for people under the age of 30. Pfizer will give you strong protection against COVID-19.

### Individuals 30 years of age and older

#### Moderna → Why Moderna?

The Moderna vaccine is safe and effective and provides strong protection against COVID-19.

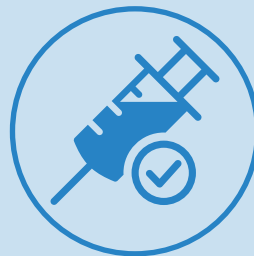
Ongoing research suggests that over time Moderna promotes higher antibody levels compared to Pfizer, especially in older adults. This means you may have longer lasting and stronger protection with the Moderna vaccine.



If you have questions about the vaccine you will be getting today, **please do not leave the clinic.** Healthcare staff are available to speak with you.

## Is it OK to mix vaccine types?

**Yes.** Moderna and Pfizer vaccines use a similar mRNA technology. This means the vaccines are interchangeable and safe to mix. Canada's National Advisory Committee on Immunization (NACI) made this recommendation after carefully reviewing research on safety and effectiveness. Countries around the world are also mixing vaccine types.



## Are the side effects from a third dose of Moderna more severe than those from Pfizer?

**No.** Clinical trials of Pfizer and Moderna and real world data from Ontario show similar side effects from either of the mRNA vaccines. Data also shows that serious side effects from mRNA vaccines are rare.

The COVID-19 vaccine provides strong protection against COVID-19 and variants. Please also continue following public health measures such as wearing a well-fitted mask, physical distancing and staying home when sick.

For more information, visit [halton.ca/COVIDvaccines](https://halton.ca/COVIDvaccines).