

COVID-19 Vaccine: Building Trust and Confidence

Community Outreach Workers / Shelters

March 17, 2021

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- People of all ages can be infected
- Some people have mild symptoms, and others need hospital care
- Older adults and people with health conditions are more likely to become severely ill from COVID-19
- Some people with COVID-19 may develop long-term symptoms

- Some people with COVID-19 infection have symptoms months after the infection is gone.
- COVID-19 infection can cause damage to the lungs, heart or brain, thus increasing the risk of long-term health effects.
- Long term symptoms may include fatigue, shortness of breath, trouble concentrating, or muscle aches, among other symptoms.

Do I need the vaccine, if I already had COVID-19?

A: Yes. Based on the latest scientific evidence, natural immunity from COVID-19 may not last long. It is possible to get re-infected after a previous COVID-19 infection.

Learn more:
toronto.ca/COVID19



More Than A Disease



Mental Health Support

Mental Health Support during COVID-19

It's okay not to feel okay. Many people may feel sad, worried, scared, confused or angry during COVID-19. These are normal and common responses to unexpected or stressful situations.



Stay connected. Play a virtual game, check in on a neighbour, have a video conference.



Be active & take care of yourself. Exercise, eat well, get enough sleep.



Take time to engage virtually or by phone with friends, family or loved ones.



Learn something new. Try a new hobby or take an online course.



Help someone else. Doing good can feel good.



Reach out for help. Talk to someone you trust or seek professional support.

You are not alone

You are not alone. Support is available.

Call 211 if you are having a hard time. Through 211 anyone be connected to free mental health supports, including including kids, seniors, racialized, Indigenous, Black and LGBTQ2S communities.

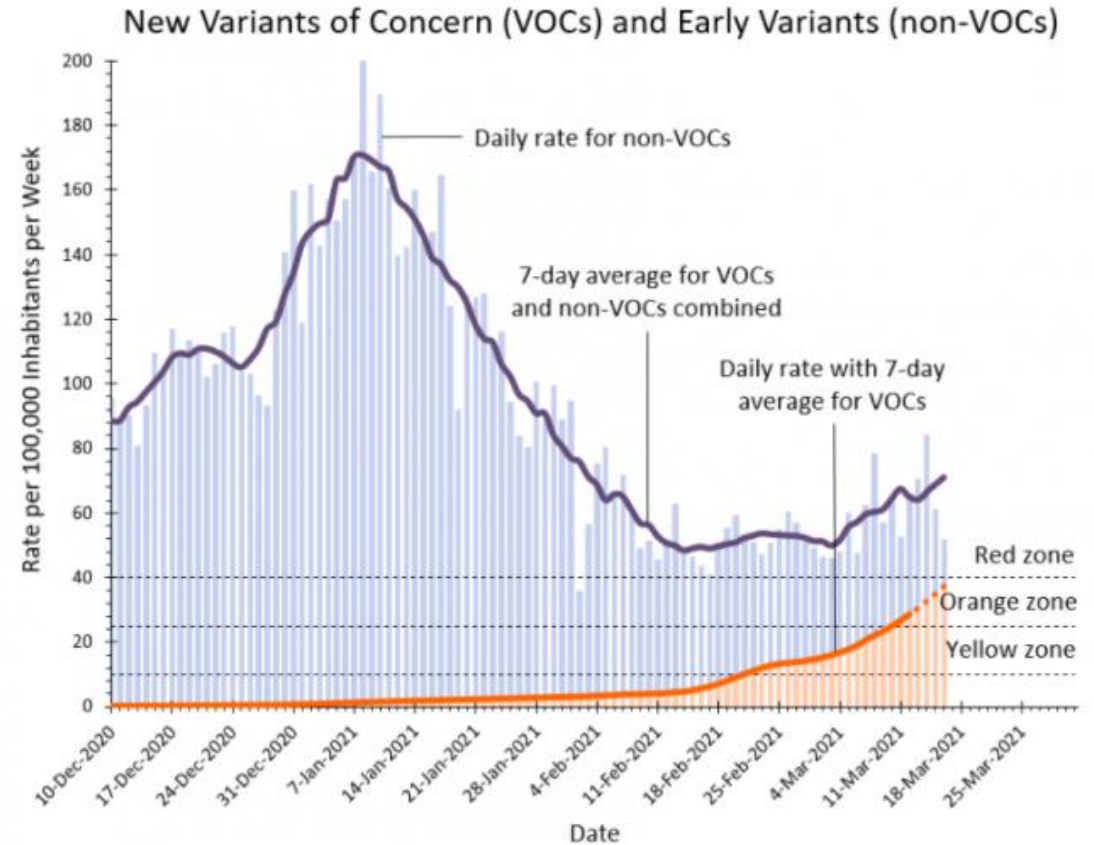
Language interpretation is available if you don't speak English.



These are stressful times.
Reach out for help to find
mental health support.
**Call 211, 24 hours a day,
7 days a week.**

Variants of Concern

- The coronavirus continues to mutate & change
- Different variants are now in Ontario. They spread infection more easily and cause more serious disease
- Public health measures and vaccine work against variants
- Without continued public health measures- plan for a third wave



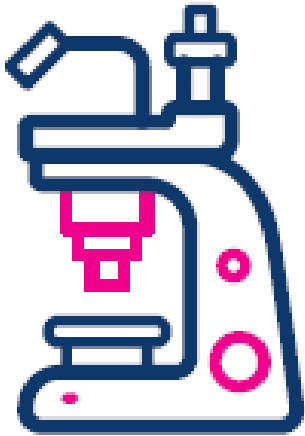
The daily rates of new variants of concern (VOCs) for the last 4 days are predicted.

Graph – from Ontario Science Table

<https://covid19-sciencetable.ca/ontario-dashboard/>

Vaccines can help

**Vaccines used in
Canada are safe
and they work.**



**Vaccines help to
protect us from
serious illness**



Protected together.

4 vaccines available in Canada



For 16-18 years
& older, including
seniors



Real world
effectiveness



2 dose schedule
except for Janssen

Facts about COVID-19 Vaccination



Vaccines can provide protection even when viruses change



Protection offered by vaccines is important as variants can spread more easily



Vaccinating more people will reduce the spread of COVID-19



Vaccines can provide protection against COVID-19 variants

Getting vaccinated is a personal choice & is free.

Any COVID-19 vaccine is a good vaccine.

Getting vaccinated will:

- ◆ reduce personal risk of serious illness
- ◆ give us peace of mind, so we can be here for our family
- ◆ help move us out of this pandemic

Over 391 million doses given

As of March 16, 2021:

- More than 391 million doses of COVID-19 vaccine have been given in 128 countries.
- 111 million doses have been administered in the US, using the same vaccines approved by Health Canada.
- Many more people have been vaccinated in real-world conditions compared to the clinical trials.

data collected by Bloomberg
<https://www.bloomberg.com/graphics/covid-vaccine-tracker-global-distribution>

How vaccines were developed so fast?

- Scientists & researchers around the world sharing data
- Building on existing research & technology
- Large scale funding allowed for multiple testing and large clinical trials
- Over 280 vaccine products were tested
- All vaccines approved by Health Canada still had to meet all safety, efficacy and quality standards

Why it matters



They got their COVID-19 vaccines. Now, in their own languages, they want to tell you how it felt — and why it matters



Ron McLester **Oneida / English**
VP, Truth and Reconciliation at Algonquin College



Onion Ubaldo **Tagalog**
Doctor



Hang Ying Wong **Cantonese**
LTC resident



Kwasi Adu-Basowah **English**
Registered Nurse



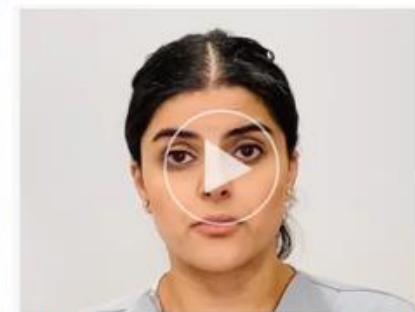
Joe Savikataaq **English**
Premier of Nunavut



Vivek Govardhanam **Tamil**
Doctor



Shahid Husain **Urdu**
Infectious Diseases Doctor



Priya Shah **Gujarati**
Doctor

What is in the vaccines?

- The vaccines provide instructions for our body to make antibodies
- Vaccine ingredients include lipids, salts, sugars and buffers
- Vaccines do not have eggs, gelatin (pork), latex, preservatives, antibiotics, formaldehyde, thimerosal, or aluminum
- There is no COVID-19 virus in the vaccine, so they can't give us COVID-19 infection

Vaccine ingredients

Pfizer-BioNTech	Moderna	AstraZeneca / COVISHIELD	Janssen
<ul style="list-style-type: none"> ▪ active ingredient: mRNA 	<ul style="list-style-type: none"> ▪ active ingredient: mRNA 	<ul style="list-style-type: none"> ▪ active ingredient: ChAdOx1-S recombinant 	<ul style="list-style-type: none"> ▪ active ingredient: Ad26.COVS.2.S recombinant
<ul style="list-style-type: none"> ▪ lipids, cholesterol ▪ polyethylene glycol [PEG-2000] 	<ul style="list-style-type: none"> ▪ lipids, cholesterol ▪ polyethylene glycol [PEG-2000] 	<ul style="list-style-type: none"> ▪ amino acid: L-Histidine, L-Histidine hydrochloride monohydrate ▪ emulsifier: polysorbate 80 	<ul style="list-style-type: none"> ▪ emulsifier: 2-hydroxypropyl-β-cyclodextrin, polysorbate-80
<ul style="list-style-type: none"> ▪ salts: potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dehydrate ▪ sugars: sucrose 	<ul style="list-style-type: none"> ▪ salts: acetic acid, sodium acetate, ▪ sugars: sucrose ▪ buffers: tromethamin, tromethamin hydrochloride 	<ul style="list-style-type: none"> ▪ salts: sodium chloride, disodium edetate dihydrate (EDTA), magnesium chloride hexahydrate ▪ sugars: sucrose ▪ alcohol: ethanol 	<ul style="list-style-type: none"> ▪ buffers: citric acid monohydrate, hydrochloric acid, sodium hydroxide, trisodium citrate dehydrate ▪ salts: sodium chloride ▪ alcohol: ethanol

Allergies to look for

Pfizer-BioNTech & Moderna **Polyethylene glycol**

- laxatives or products for colonoscopy, cough syrup, ultrasound gel
- cosmetics, skin creams,
- shampoos, toothpastes, hair products, contact lenses & solutions,
- some fast foods, baked goods

Moderna vaccine **Tromethamine**

- contrast media for CT scans / MRI, some medications, skin creams

AstraZeneca/COVISHIELD & Janssen vaccines **Polysorbate 80**

- processed food, pickles, ice cream, whipped cream, gelatin, shortening, chewing gum,
- cosmetic, soaps, creams, body butter, bath gels, shampoo, mouthwash,
- eye drops, vitamin supplements, heart medication, contraceptives

What if I have allergies?

- Allergies to the COVID-19 vaccines are rare
- The vaccines are safe, even if you have food, drug or environmental allergies
- If you have allergies to any vaccine ingredient, do not get the vaccine
- Speak with your health care provider if you have questions

Vaccines are safe for most people

The vaccines are safe for most people including:



People with health conditions such as heart disease, asthma, diabetes, high blood pressure, or on blood thinners, with hepatitis B, C or HIV.

It is also **safe** for people with a weakened immune system or auto-immune disorder.

WILL THE VACCINE MAKE ME SICK?



There is no COVID-19 virus in the vaccine that can make us sick



Most side-effects are mild & will go away after a few days



Severe allergic reactions are rare and are treated right away



Talk to your doctor if your symptoms don't go away after 3 days

Vaccine side effects

- Vaccine side effects are similar to the flu shot, lasting 1 to 3 days:
 - pain, redness & swelling where the needle is given
 - headache, feeling tired, muscle ache, joint pain
 - fever, chills, nausea or vomiting
 - swelling & tenderness under the armpit / enlarged lymph nodes
- Side effects are more common after the 2nd dose
- Stay at the clinic for 15 minutes after vaccination, so you can be monitored for any allergic reactions



Speak with your health care provider, if you:

- are pregnant or breastfeeding
- have an autoimmune disorder
- have a weak immunity from illness or therapy

- Can still get the COVID-19 vaccine, but may have a reduced immune response.
- May want to time medications with vaccination.
- Over 15,000 people in the USA vaccinated during pregnancy are being monitored.

Vaccine Rollout...

- Currently the demand for the vaccine is higher than the supply.
- Ontario has a plan to ensure the vaccines are distributed fairly and to the people who need it the most.
- Current priorities in Toronto are seniors 80+, harm reduction staff, frontline health care workers, paramedics, firefighters, police officers, staff and residents in shelters.

How you can help....

- Get vaccinated when it is offered
- Share your experience with others
- Be positive
- Listen to their concerns
- Know where to get information, if you are not sure of the answers
- Be respectful, even if a client or friend refuses vaccination
- Maintain trust so they can approach you again if they have more questions later

Responding to questions

- When responding to client's questions or concerns:
 - Share personal stories
 - Emphasize the facts
 - Balance information on risk and benefits
 - Focus on burden of illness or disease
- If a client refuses vaccine, it does not mean they will refuse all future vaccines.
- Maintain rapport with the client to leave the door open.

DON'T PLAY

THE TELEPHONE GAME

STOP THE SPREAD OF COVID-19 MISINFORMATION



Vaccines are one of many tools we have to fight the COVID-19 pandemic. It will take time before we have enough vaccine to get everyone vaccinated.



We still need to wear a mask, keep our distance and wash our hands frequently.

WHAT IS HERD IMMUNITY?



Herd immunity protects our community from infection when many people are vaccinated.



It is another way to protect others by reducing COVID-19 spread.



It also protects people who can't get vaccinated like newborn babies.



Until we have herd immunity, we need to wear our mask & keep a distance from people we don't live with.

Thank you for your support!

Have questions?

call us at **416-338-7600**

8:30 am to 8:00 pm

