

COVID-19 Vaccine: Building Trust and Confidence

Caregivers

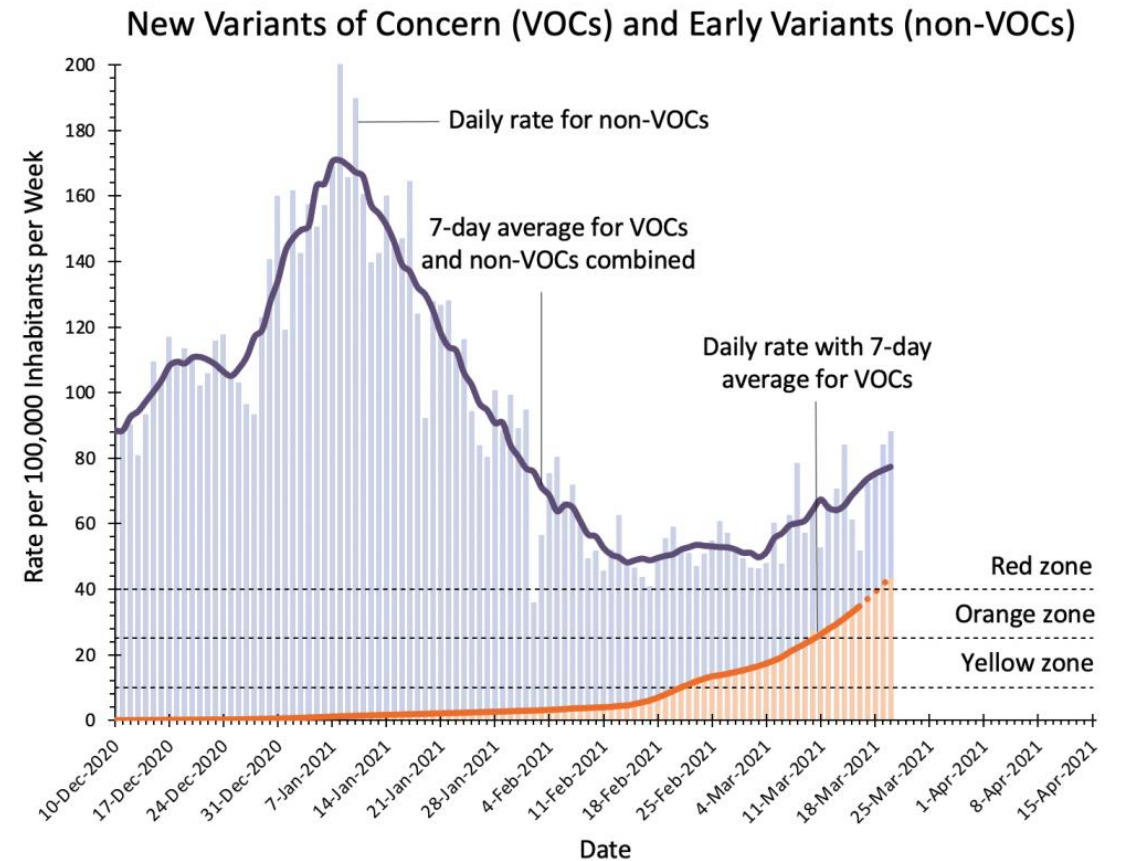
March 24, 2021

By Domenico Calla & Dr. Vinita Dubey

- 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

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



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/>

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.



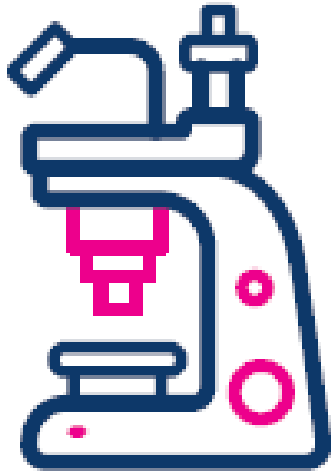
These are stressful times.

Reach out for help to find
mental health support.

**Call 211, 24 hours a day,
7 days a week.**

Vaccines can help

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



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



ARE THE COVID-19 VACCINES SAFE?



All vaccines approved by Health Canada have met safety & quality standards



They have been tested in large trials to show they are safe & they work



Millions of doses of the vaccines have already been given around the world with good results



Most side effects are mild and go away after a few days

Getting vaccinated is a personal choice & is free

Will it make me sick?

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

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.

As of March 24, 2021:

- More than 468 million doses of COVID-19 vaccine have been given in 135 countries.
- 128 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.

4 vaccines available in Canada



For 16-18 years
& older, including
seniors



Real world
effectiveness



2 dose schedule,
except for Janssen

Any COVID-19 vaccine is a good vaccine

WHICH COVID-19 VACCINE IS BETTER FOR ME?



All the approved vaccines are safe and effective



All the vaccines will protect you from serious illness



Get vaccinated as soon as you are eligible



Vaccinating more people will reduce the spread of COVID-19

VACCINES OFFER PROTECTION AGAINST NEW VARIANTS



Vaccines have been used successfully in countries with variants



Vaccines can provide protection even when viruses change



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



Booster doses may be used in the future for specific variants

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

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

What if I have allergies?

I HAVE ALLERGIES. CAN I GET A COVID-19 VACCINE?



Allergies towards the COVID-19 vaccines are rare



Speak with your health care provider if you have questions



The vaccines do not contain eggs, gelatin, preservatives, latex or antibiotics



The vaccines are safe if you have food, antibiotic or environmental allergies



If you have allergies to any vaccine ingredient do not get the vaccine

Allergies to look for

Pfizer-BioNTech & Moderna Polyethylene glycol, also found in:

- 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, also found in:

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

AstraZeneca/COVISHIELD & Janssen vaccines Polysorbate 80, also found in:

- 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

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

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





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.

Ontario's Distribution Plan as of Mar 22

Eligible now

- residents, staff and **essential caregivers** of LTCH, RH & congregate settings
- adults in Indigenous communities
- adult chronic home care recipients
- adults 75+
- adults 60+ (@ pharmacies)
- health care workers
- hospital employees

1.6 million doses administered

Phase 2

Apr 2021 to Jul 2021

- adults age 60 – 79, in 5-yr increments
- high-risk congregate settings (shelters, community living)
- **individuals with high-risk chronic conditions and their caregivers**
- **caregivers in select congregate settings**
- essential front-line workers who cannot work from home
- at-risk populations

Phase 3

Jul 2021 onwards

- adults 59 years and younger

Status of vaccine rollout

Phase One

(December 2020 onwards)

- A limited number of doses available for Ontario's most vulnerable populations and those who care for them

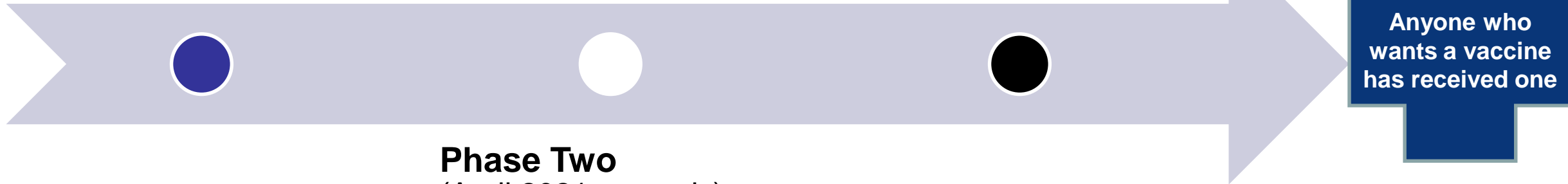
We are here



Phase Three

(July 2021 onwards)

- Vaccines available widely across Ontario for anyone who wants to be immunized



Phase Two

(April 2021 onwards)

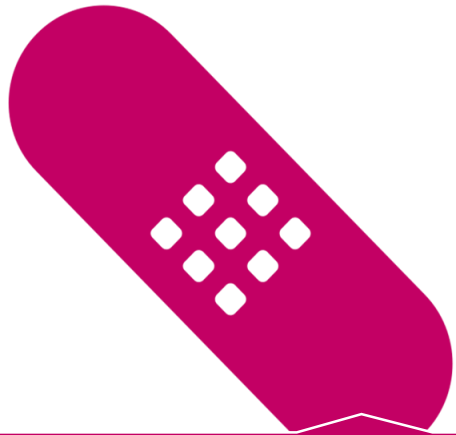
- Increasing stock of vaccines, available to older adults, people in high-risk settings, frontline essential workers and other populations that are at greater risk of illness

Anyone who
wants a vaccine
has received one

Phase 2 of vaccine rollout

Phase 2	Primary Priority			Secondary Priority	
	APR	MAY		JUN	JULY
Older Adults	Over 75				
	Over 70				
	Over 65				
	Over 60				
Health Conditions	Individuals with health conditions				
	Highest Risk & Caregivers	High Risk & Certain Caregivers	At Risk Health Conditions		
Congregate Settings	High Risk Congregate Living Settings				
Hot Spots	COVID-19 Hot Spot Communities				
	Highest Risk Communities		Remaining Hot Spot Communities		
Cannot-Work-From-Home				Essential Workers who cannot work from home	
				Group 1	Group 2

Ways to get vaccinated



Mass Immunization
Clinics



Hospitals / Ontario
Health Team
Immunization Clinics



Pharmacies and Primary
Care Providers



Mobile Teams

Interactive map available online:
toronto.ca/covid19vaccinemap

Mass immunization clinic locations



- North Toronto Memorial Community Centre (200 Eglinton Avenue West)
- Mitchell Field Community Centre (89 Church Avenue)
- The Hangar (75 Carl Hall Road)
- Metro Toronto Convention Centre (255 Front Street West)
- Scarborough Town Centre (300 Borough Drive)
- Carmine Stefano Community Centre (3100 Weston Road)
- Toronto Congress Centre (650 Dixon Road)
- Malvern Community Recreation Centre (30 Sewells Road)
- Cloverdale Mall (250 The East Mall)

Interactive map available online:
toronto.ca/covid19vaccinemap

Make an appointment

Go online or call:

- City clinics <https://covid-19.ontario.ca/book-vaccine/>
Or call: 1-888-999-6488 (TTY 1-866-797-0007)
- Hospital clinics www.vaccineto.ca
Or call: 1-888-385-1910
- Visit <https://covid-19.ontario.ca/book-vaccine/> to find a pharmacy
Or call your local pharmacy / website

**Appointments
required**

Toronto Public Library service: 416-393-6225
<https://www.torontopubliclibrary.ca/seniorstechhelp/>

- **Toronto Ride**

www.torontoride.ca; 416-481-5250

- **iRide**

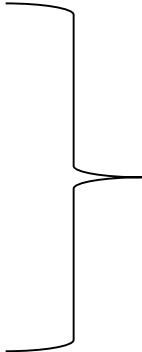
www.circleofcare.com/vaccinerides; 1-844-474-3301

- **Scarborough Ride**

www.schcontario.ca/schc-scarborough-ride--transportation--hemodialysis.html;
416 736-9372

- **Uber Canada**

- **TTC**



Distributed through a
network of partner
community agencies

WHY IS THE 2ND VACCINE DOSE EXTENDED TO 4 MONTHS?



Data shows the first dose provides strong protection



Extending the 2nd dose allows us to vaccinate more people



Vaccinating more people will reduce the spread of COVID-19



Vaccines can provide protection against COVID-19 variants

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 student, colleague or friend refuses vaccination
- Maintain trust so they can approach you again if they have more questions later

Responding to questions

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

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

DON'T PLAY

THE TELEPHONE GAME

STOP THE SPREAD OF COVID-19 MISINFORMATION



Public Health Measures

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.

Be part of something greater.
Your shot protects others too!



Protected together.

Questions?



Toronto Public Health COVID-19 Hotline

Have questions?

Call Toronto Public Health

416-338-7600

8:30 am to 8:00 pm

Interpreter service is available in many languages.

TTY 416-392-0658

More information about COVID-19 & vaccines:

toronto.ca/covid19

Community Immunity

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.

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.COV2.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