COVID-19 Vaccine: Building Trust and Confidence

Post-Secondary Students, Staff and Faculty
March 23, 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

Graph – from Ontario Science Table
https://covid19-sciencetable.ca/ontario-dashboard/
Vaccines used in Canada are safe and they work. Vaccines help to protect us from serious illness.
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.
Facts about COVID-19 Vaccination

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?

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.

toronto.ca/COVID19
As of March 22, 2021:

- More than 458 million doses of COVID-19 vaccine have been given in 134 countries.
- 127 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
The vaccines are safe for most people including:

- Seniors
- 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 autoimmune disorder.
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
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.

toronto.ca/COVID19
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
Informed consent

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 vaccine distribution plan as of Mar 22

| Eligible now | Phase 2  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>health care workers</td>
<td>adults age 60 – 79, in 5-yr increments</td>
</tr>
<tr>
<td>hospital employees</td>
<td>high-risk congregate settings (shelters, community living)</td>
</tr>
<tr>
<td>residents and staff of LTCH, RH &amp; congregate settings</td>
<td>individuals with high-risk chronic conditions and their caregivers</td>
</tr>
<tr>
<td>essential caregivers</td>
<td>essential front-line workers who cannot work from home</td>
</tr>
<tr>
<td>adults in Indigenous communities</td>
<td>at-risk populations</td>
</tr>
<tr>
<td>adult chronic home care recipients</td>
<td></td>
</tr>
<tr>
<td>adults 75+</td>
<td></td>
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<tr>
<td>adults 60+ (@ pharmacies)</td>
<td></td>
</tr>
</tbody>
</table>

### Phase 2

- Apr 2021 to Jul 2021

### Phase 3

- Jul 2021 onwards

- adults 59 years and younger

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1.6 million doses administered

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

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

Phase Three
(July 2021 onwards)
• Vaccines available widely across Ontario for anyone who wants to be immunized

Anyone who wants a vaccine has received one

We are here
### Phase 2 of Vaccine Rollout

<table>
<thead>
<tr>
<th>Phase 2</th>
<th>Primary Priority</th>
<th>Secondary Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>APR</td>
<td>MAY</td>
</tr>
<tr>
<td>Older Adults</td>
<td>Over 75</td>
<td>Over 70</td>
</tr>
<tr>
<td></td>
<td>Over 65</td>
<td>Over 60</td>
</tr>
<tr>
<td>Health Conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individuals with health conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Highest Risk &amp; Caregivers</td>
<td>High Risk &amp; Certain Caregivers</td>
<td>At Risk Health Conditions</td>
</tr>
<tr>
<td>Congregate Settings</td>
<td>High Risk Congregate Living Settings</td>
<td></td>
</tr>
<tr>
<td>Hot Spots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>COVID-19 Hot Spot Communities</td>
<td>Highest Risk Communities</td>
<td>Remaining Hot Spot Communities</td>
</tr>
<tr>
<td>Cannot-Work-From-Home</td>
<td>Essential Workers who cannot work from home</td>
<td>Group 1 Group 2</td>
</tr>
</tbody>
</table>

Source: Ministry of Health, COVID-19 Guidance for Prioritization of Phase 2 Populations for COVID-19 Vaccination, V1, March 22, 2021
Ways to get vaccinated

Interactive map available online: toronto.ca/covid19vaccinemap
Mass immunization clinic locations

Interactive map available online: toronto.ca/covid19vaccinemap

- 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)
Go online or call:

  Or call: 1-888-999-6488 (TTY 1-866-797-0007)

- Hospital clinics [www.vaccineto.ca](http://www.vaccineto.ca)
  Or call: 1-888-385-1910

  Or call your local pharmacy / website
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.
They got their COVID-19 vaccines. Now, in their own languages, they want to tell you how it felt—and why it matters.
Don’t spread misinformation

DON'T PLAY THE TELEPHONE GAME
STOP THE SPREAD OF COVID-19 MISINFORMATION

CONSIDER THE SOURCE
Look at the URL. Is it a credible site? Check the date & author.

READ BEYOND HEADLINES
Headlines don't always tell the whole story.

DIG A LITTLE DEEPER
Is it fact or opinion? Look for the original source.

VERIFY THE INFORMATION
Ask your health care provider or a fact-check site.
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.

Source: US CDC
More Than A Disease

Outbreak | Self-Isolation | Scared | Worried | COVID-19

Grief | Respiratory | Nervous | Infections | PPE | IPAC | Care

Community | Measures | Research | Medical | Long-term care | Love | Family

Compassion | Cough | Confused | Overwhelmed | Exhausting | Quarantine | Pandemic

Concerned | Pandemic | Heroes

Sick | Guilt | Vulnerable | Pneumonia | Support | Healthcare

Vaccine | Contact tracing | Physical distancing

Lockdown | Seniors | Treatment

Hope | Co-morbidity | Loss

Mental Health | Hand hygiene | Alone

Together | Case count | Secrets | Social
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. 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.
Be part of something greater.
Your shot protects others too!
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
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.
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

toronto.ca/Covid19
Vaccines offer protection against COVID-19 variants

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

toronto.ca/COVID19
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.

toronto.ca/COVID19
<table>
<thead>
<tr>
<th>Pfizer-BioNTech</th>
<th>Moderna</th>
<th>AstraZeneca / COVISHIELD</th>
<th>Janssen</th>
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</thead>
<tbody>
<tr>
<td><strong>active ingredient:</strong> mRNA</td>
<td><strong>active ingredient:</strong> mRNA</td>
<td><strong>active ingredient:</strong> ChAdOx1-S recombinant</td>
<td><strong>active ingredient:</strong> Ad26.COV2.S recombinant</td>
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<tr>
<td>lipids, cholesterol</td>
<td>lipids, cholesterol</td>
<td><strong>amino acid:</strong> L-Histidine, L-Histidine hydrochloride monohydrate</td>
<td><strong>emulsifier:</strong> 2-hydroxypropyl-β-cyclodextrin, polysorbate-80</td>
</tr>
<tr>
<td>polyethylene glycol</td>
<td>polyethylene glycol</td>
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<tr>
<td>[PEG-2000]</td>
<td>[PEG-2000]</td>
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<tr>
<td><strong>salts:</strong> potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dehydrate</td>
<td><strong>salts:</strong> acetic acid, sodium acetate, sugars: sucrose</td>
<td><strong>salts:</strong> sodium chloride, disodium edetate dihydrate (EDTA), magnesium chloride hexahydrate</td>
<td><strong>buffers:</strong> citric acid monohydrate, hydrochloric acid, sodium hydroxide, trisodium citrate dehydrate</td>
</tr>
<tr>
<td>sugars: sucrose</td>
<td><strong>buffers:</strong> tromethamin, tromethamin hydrochloride</td>
<td><strong>sugars:</strong> sucrose</td>
<td><strong>salts:</strong> sodium chloride</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td><strong>alcohol:</strong> ethanol</td>
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