

# **COVID-19 Vaccine: Building Trust and Confidence**

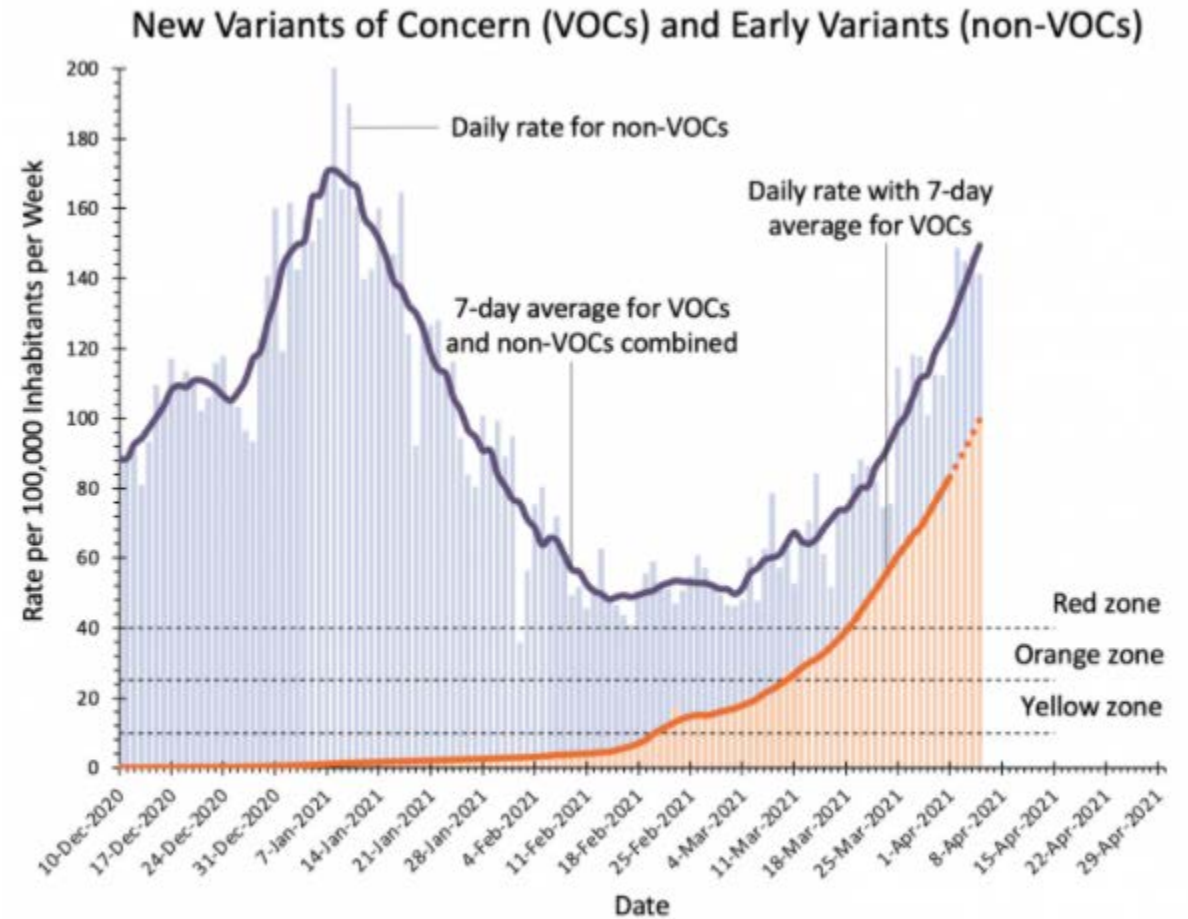
Frontline Staff  
**Developmental and other Sectors**

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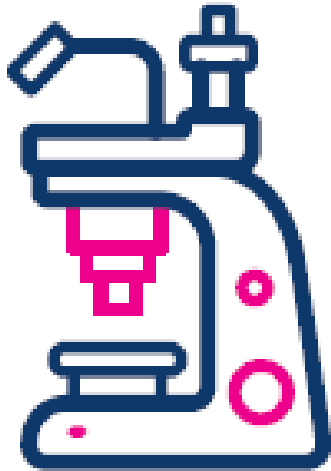
- The coronavirus continues to mutate & change
- Different variants are now in Ontario. They spread infection more easily and cause more serious disease
- Public health measures and vaccine work against variants



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

- 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, cough, joint pain, pounding heartbeat, trouble concentrating, skin rash or hair loss.

**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**

# 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, autoimmune disorder and pregnancy.

## As of April 25, 2021:

- More than 1 billion doses of COVID-19 vaccine have been given in 172 countries.
- 229 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



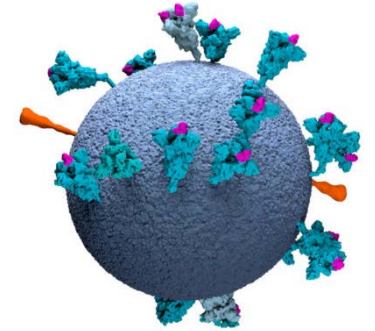
2 dose schedule, except for  
Janssen

Name	Technology	Recommended for	Dose schedule	Availability
Pfizer BioNTech	mRNA	16 years +	2 doses	Available
Moderna	mRNA	18 years +	2 doses	Available
AstraZeneca/ COVISHIELD	viral vector	40 years +	2 doses	Available
Janssen	viral vector	18 years +	1 dose	Not yet available



# How the COVID-19 vaccines work...

The COVID-19 vaccines works by telling our body to make “*spike proteins*”, a protein specifically found on the surface of the coronavirus. These proteins will stimulate our body to start making antibodies against COVID-19.



- Pfizer BioNTech and Moderna use mRNA technology.
  - mRNA research and technology has been around for over 10 years.
  - Breaks down and is removed from body in days
- AstraZeneca/COVISHIELD and Janssen use a viral vector.
  - A cold virus that is inactivated (adenovirus), has instructions to make the spike protein in it.

## 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

- Rare reports of serious blood clots and low blood platelet counts following vaccination (1 in 250,000 people vaccinated).
- Blood clots can occur in the brain, arms/legs or abdomen
- There have been reports of this rare event in Canada.
- With proper medical care, can be treated
  
- In Ontario, available for **people 40+**
- **Informed consent:** Benefits of vaccine outweigh potential risk.
- Watch for any side effects following vaccination on days 4 to 20. Seek immediate medical attention if you develop:
  - Trouble breathing, chest pain, abdominal pain that does not go away
  - Sudden severe headache, blurred vision, skin bruising or spots

# 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

- The [Society of Obstetricians & Gynecologists of Canada](#) recommends that **pregnant and breastfeeding people should be offered vaccination** when they are eligible as long as they do not have any contraindications.
- Speak with your doctor or midwife for more information.
- COVID-19 can be serious in pregnancy.
- Review the risks and benefits based on your current situation (eg. cannot work from home, live in a crowded household).
- As a precaution, people who are planning a pregnancy can wait for a month after vaccination.

- Current vaccines available are for people age 16+
- Research is currently being done to assess COVID-19 vaccine safety and efficacy in younger children
- The best way to protect children is:
  - to keep following public health guidelines, and
  - for adults to be vaccinated as soon as they can



## 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

- Most 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 2<sup>nd</sup> dose (Pfizer/Moderna)
- 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](https://toronto.ca/COVID19)





Speak with your health care provider, if you:

- 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.

# Phase 2 of vaccine rollout

Projected Phase Two sequencing April to June – updated as of April 9

	Phase 2		
	April	May	June
<b>Older Adults</b>	Over 75 Over 70 Over 65 Over 60		
<b>Health Conditions</b>	Individuals with Health Conditions		
	Highest Risk & Caregivers	High Risk & Certain Caregivers	At-Risk Health Conditions
<b>Congregate Settings</b>	High Risk Congregate Settings		
<b>Hot Spots</b>	COVID-19 Hot Spots Communities		* Peel and Toronto
	Highest Risk Communities *	Remaining Hot Spots Communities	
<b>Other priority*</b>	Special Education Workers Education Workers in hot spots		*contact risk equivalent to HCW
<b>Cannot-Work-From-Home</b>		Workers who cannot work from home	
		Group 1	Group 2

## Highest-Risk Health Conditions (+ essential caregivers\*)

- Organ transplant recipients
- Hematopoietic stem cell transplant recipients
- Neurological diseases in which respiratory function may be compromised (e.g., motor neuron disease, MS)
- Haematological malignancy diagnosed < 1 yr
- Kidney disease eGFR <30

## High-Risk Health Conditions

- Obesity (BMI >40)
- Other treatments causing immunosuppression (e.g., chemotherapy, immunity-weakening medications)
- Intellectual or developmental disabilities (e.g., Down Syndrome)

\*One essential caregiver of individuals in the Highest-Risk Health Conditions group who require regular and sustained assistance with personal care and/or activities of daily living

# Hot Spot Communities Postal Codes (Toronto)

## North York West

M3J  
M3K  
M3L  
M3M  
M3N  
M6B  
M6L  
M6M  
M9L  
M9M  
M9N  
M9P

## West Toronto

M6K  
M6N  
M8V

## North York Central

M2J  
M2M  
M2R  
M3A  
M3C  
M3H  
M4A

## North Toronto

M5N  
M6A

## Mid-East Toronto

M4X  
M5A  
M5B

## Scarborough South

M1B  
M1C  
M1E  
M1G  
M1H  
M1J  
M1K  
M1M  
M1P  
M1R  
M1X

## South Etobicoke

M9A  
M9B  
M9C

## Scarborough North

M1S  
M1T  
M1V  
M1W

## East Toronto

M1L  
M4H

## North Etobicoke Malton

### West Woodbridge

M9R  
M9V  
M9W

# Ways to get vaccinated

Red & white or no health card?  
Register using telephone #

**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](http://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

**Mobile & pop-up clinics**  
Host organizations will promote clinics directly to the target community



Mass Immunization Clinics



Hospitals / Ontario Health Team Immunization Clinics



Pharmacies and Primary Care Providers



Mobile Teams & Pop-up Clinics

**Interactive map available online:**  
[toronto.ca/covid19vaccinemap](http://toronto.ca/covid19vaccinemap)



- **For those with no other means to get to their vaccination appointment**

1. **Toronto Ride** - 416-481-5250; [www.torontoride.ca](http://www.torontoride.ca)
  2. **iRide** - 1-844-474-3301; [www.circleofcare.com/vaccinerides](http://www.circleofcare.com/vaccinerides);
  3. **Scarborough Ride** - 416 736-9372; [www.schcontario.ca/schc-scarborough-ride--transportation--hemodialysis.html](http://www.schcontario.ca/schc-scarborough-ride--transportation--hemodialysis.html)
  4. **Uber Canada**
  5. **TTC**
- Vouchers distributed through a network of partner community agencies

More information: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-vaccines/covid-19-how-to-get-vaccinated/?accordion=transportation-to-clinics>

- 1. Primary Care Led** – People with primary care providers who are able to provide home-based vaccinations will have their vaccination arranged and completed by the primary care provider.
- 2. Home-Based Care and Toronto Paramedic Services (TPS)** – People with existing relationship to home-based primary care or community service will have vaccination arranged and completed by the home care service in coordination with TPS.
- 3. TPS Led** – Primary care provider can make referral to the LHIN for people who do not receive support from a home care provider or home visiting primary care provider. If eligible, Ontario Health care coordinators will arrange and then complete vaccination with TPS.

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



Data shows the first dose provides strong protection



Extending the 2<sup>nd</sup> 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

Protection is 80% after 1 dose of mRNA vaccine and 90% after the 2<sup>nd</sup> dose.

# How you can help....

- Share your experience with others
- Be positive and respectful, even if they refuse vaccination right now
- Listen to their concerns
- Emphasize the facts
- Balance information on risk and benefits
- Focus on burden of illness or disease
- Know where to get information, if you are not sure of the answers
- Maintain trust so they can approach you again if they have more questions later

And, get vaccinated when it is offered to you

## TORONTO STAR

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



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.



For now, we still need to wear a mask, keep our distance and wash our hands frequently.

# More Than A Disease





## 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.**

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



**Protected together.**



# 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](https://toronto.ca/covid19)**