

COVID-19 Vaccine: Building Trust and Confidence

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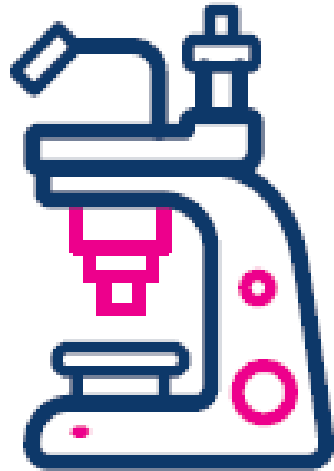
May 12, 2021

COVID-19

- A COVID-19 infection can cause damage to the lungs, heart or brain.
- Some people who have had a COVID-19 infection will have symptoms and experience long term effects months after the infection is gone.
- Long term effects may include persistent fatigue, shortness of breath, cough, joint pain, pounding heartbeat, trouble concentrating, skin rash or hair loss.

Vaccines Can Help

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



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



1.3 Billion Doses Given Worldwide

As of May 11, 2021:

- 1.3 billion doses of COVID-19 vaccines have been given in 174 countries around the world.
- 16.5 million doses have been given in Canada.
- **1.5 million** doses have been given in **Toronto**, which is approximately 50% of all eligible residents in the City.

<https://www.toronto.ca/home/covid-19/>

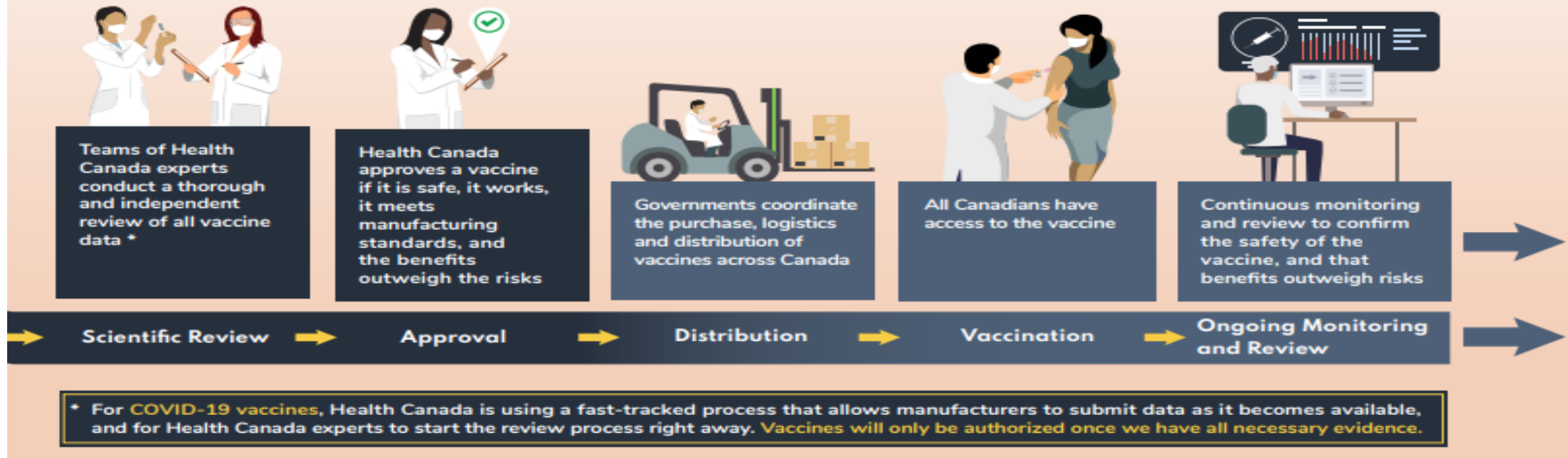
<https://www.bloomberg.com/graphics/covid-vaccine-tracker-global-distribution>

Vaccine development and approval in Canada

Vaccine development



Review and approval of vaccines



COVID-19 Vaccines Are Safe For ...



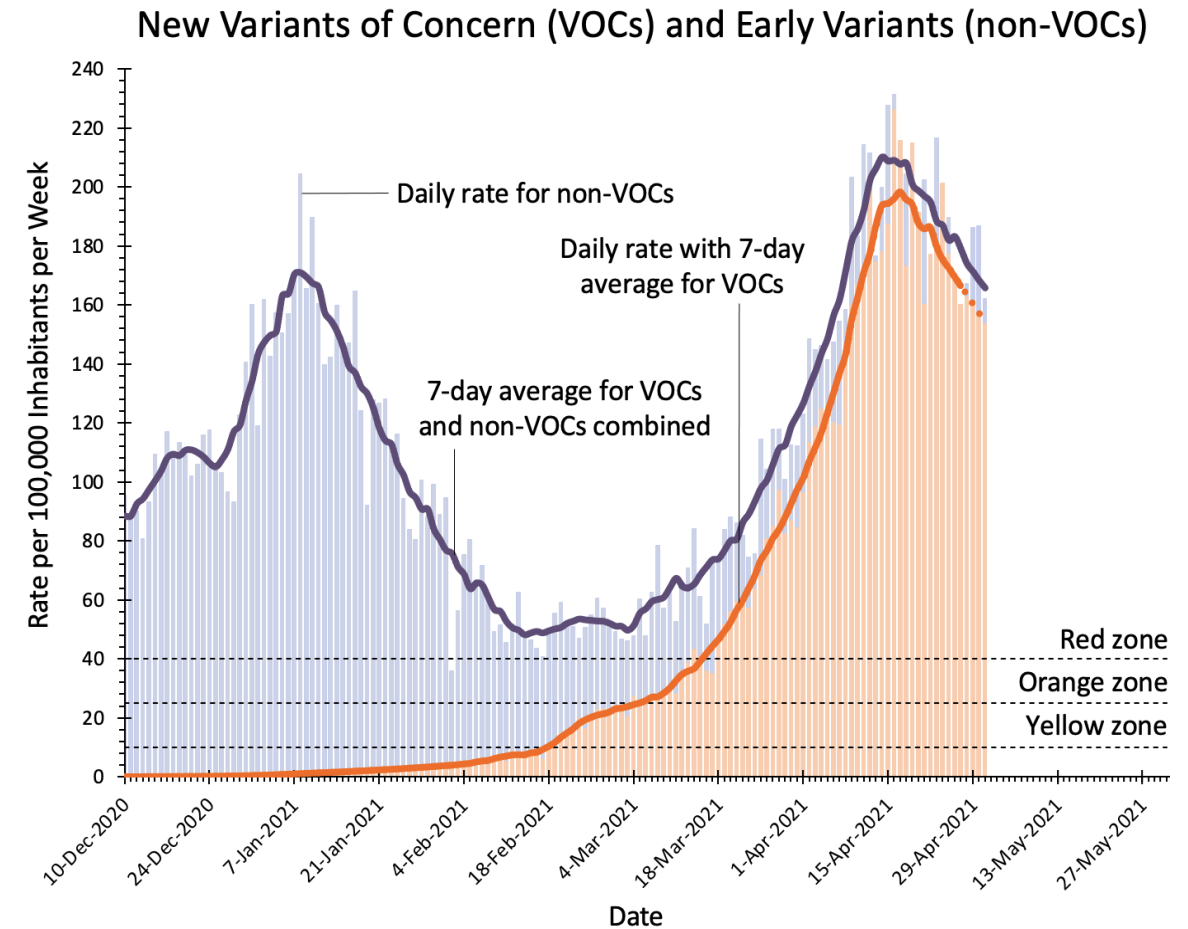
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- People with health conditions such as heart disease, asthma, diabetes, high blood pressure, hepatitis B or C and HIV
- It is also safe for people on blood thinners, with a weakened immune system, auto-immune disorder and anytime during pregnancy.

Variants of Concern (VOC)

- Different variants are now in Ontario and Toronto.
- They spread infection more easily and cause more serious disease
- Public health measures and vaccines work against variants



Vaccines and the Variants

VACCINES OFFER PROTECTION AGAINST NEW VARIANTS



Vaccines have been used successfully in countries with variants



Vaccines can provide protection even when viruses change



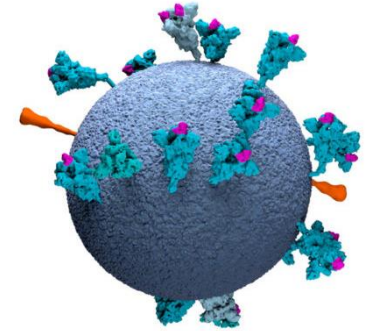
Protection offered by vaccines is important as variants can spread more easily



Booster doses may be used in the future for specific variants

How the COVID-19 vaccines work...

The COVID-19 vaccines work 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 (**Johnson & Johnson**) use a viral vector.
 - A cold virus that is inactivated (adenovirus), has instructions to make the spike protein in it.

What Is In The Vaccines?

WHAT IS IN THE COVID-19 VACCINES?



The vaccines contain instructions to have your body make antibodies



The vaccines contain lipids, salts, sugars and buffers



They do not contain eggs, gelatin, preservatives, latex or antibiotics



There is no COVID-19 virus in the vaccine that can give you COVID-19

What If I Have Allergies?

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

Will The Vaccine 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

Vaccine side effects

- Most vaccine side effects are mild and 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, and treated, for any reactions

Blood Clots and Low Blood Platelet Count

- There have been reports of this rare event after receiving either the AstraZeneca (1/50,000) or Johnson & Johnson vaccine (1/500,000)
- **First dose vaccination has been paused as of May 12 2021.**
- Blood clots can occur in the brain, arms/legs or abdomen
- With proper medical care, can be treated
- Watch for any side effects following vaccination on days 4 to 28. Call 911 if you have:
 - Trouble breathing, chest pain, leg or abdominal pain that does not go away
 - Sudden severe headache, blurred vision, skin bruising or spots

[Vaccine-Induced Immune Thrombotic Thrombocytopenia \(VITT\) Following Adenovirus Vector COVID-19 Vaccination: Lay Summary - Ontario COVID-19 Science Advisory Table \(covid19-sciencetable.ca\)](#)

COVID-19 Variants Can Be Serious In Pregnancy

- Book an appointment at any time in pregnancy
- Vaccination during pregnancy and breastfeeding can protect the pregnant person and baby.
- Over 110,000 pregnant women have been involved in COVID-19 safety registry in the United States. Some have delivered with no safety concerns identified.

Vaccines, Pregnancy & Breastfeeding

GET THE COVID-19 VACCINE IF YOU ARE PREGNANT



In pregnancy,
COVID-19 infection
can be more serious



COVID-19 vaccines
can protect you from
serious illness



Antibodies can transfer
to the baby, protecting
them as well



COVID-19 vaccines are
safe in pregnancy & are
being used around the
world



Talk to your health
care provider if you
have questions

- Pfizer vaccine approved for use in children 12+ in Canada on May 5, 2021.
- Vaccination of children 12-17, in Ontario, will begin once vaccine supply allows - dates and details to come!
- Vaccination is not mandatory.
- The best way to protect children is:
 - to keep following public health guidelines, and
 - for adults to be vaccinated as soon as they can

I Already Had COVID-19...

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



Which COVID-19 Vaccine Is Best For Me?

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

Phase 2 of Vaccine Rollout

| Eligibility group | Week of April 26 | Week of May 3 | Week of May 10 | Week of May 17 | Week of May 24 |
|-----------------------|---|---|---|----------------|----------------|
| Provincial age band | April 30: 55 and older | 50 and older | 40 and older | 30 and older | 18 and older |
| Hotspot age band | April 27: 45 and older | 18 and older | - | - | - |
| Health conditions | Highest-risk health conditions continues | High-risk health conditions | At-risk health conditions | - | - |
| Cannot work from home | April 29: licensed childcare workers | Group 1 | Group 2 | - | - |

4 Vaccines Approved In Canada



For 12-18 years
& older, including seniors



Real world effectiveness



2 dose schedule, except for
Janssen

| Name | Technology | Available in Ontario | Dose schedule |
|----------------------------|--------------|---|---------------|
| Pfizer BioNTech | mRNA | 12 years + | 2 doses |
| Moderna | mRNA | 18 years + | 2 doses |
| AstraZeneca/ COVISHIELD | viral vector | <i>1st dose paused until further notice</i> | 2 doses |
| Janssen | viral vector | 30 years + | 1 dose |

Pfizer/BioNTech Vaccine in Highest Supply for May/June in Ontario

- Ontario is expecting an average of 800,000 Pfizer doses per week for the month of May. Also some Moderna.
- 140,000,000 doses of Pfizer vaccine administered in the USA so far. No safety signals.
- Works well, even with variants.
- Current vaccine being offered at the City of Toronto's mass immunization clinics, and most other clinics.

Second Dose Extended But Still Necessary

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

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

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.

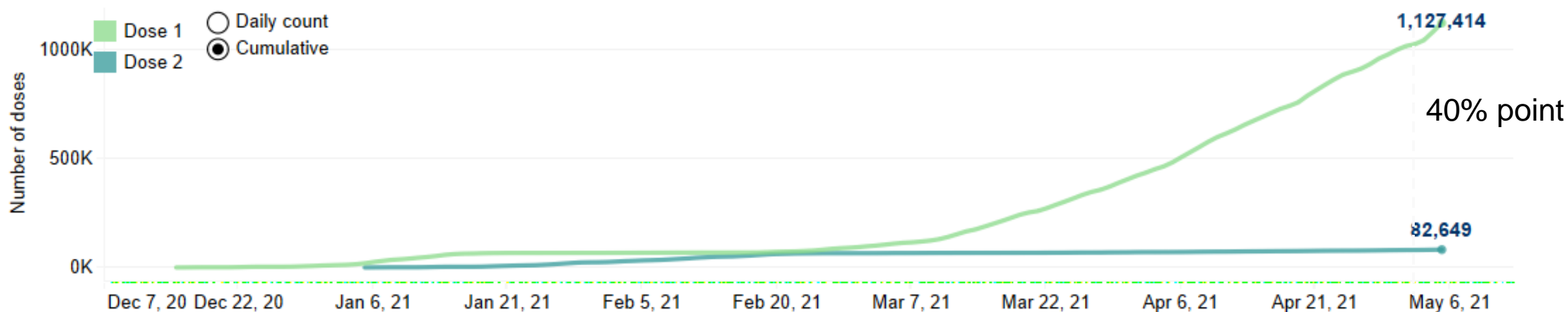


Until we have herd immunity, we need to wear our mask & keep a distance from people we don't live with.

Goal of 40% of Toronto residents 18+ reached ahead of schedule. Next goal is 65% by May 31

Provincial goal to vaccinate 40% of adult residents was achieved on May 1st

Doses administered over time



At the current rates of vaccination, we are on track to exceed the 65% goal by end of May

Ways To Get Vaccinated

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

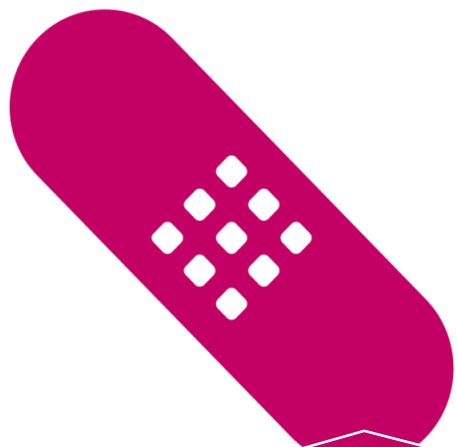
City clinics <https://covid-19.ontario.ca/book-vaccine/>

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

Hospital clinics www.vaccineto.ca
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

Assistance Getting To Vaccine Clinics

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

1. **Toronto Ride** - 416-481-5250; www.torontoride.ca
 2. **iRide** - 1-844-474-3301; www.circleofcare.com/vaccinerides;
 3. **Scarborough Ride** - 416 736-9372; 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>

RESIDENTS WITHOUT OHIP CARDS



Residents without an OHIP card may use other forms of identification to book a COVID-19 vaccination appointment through agency partners.

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.



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

Don't Spread Misinformation

DON'T PLAY

THE TELEPHONE GAME

STOP THE SPREAD OF COVID-19 MISINFORMATION



More Than A Disease



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

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

Questions?



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

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

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.

TOGETHER, WE CAN GET OUT OF THE 3RD WAVE



**Take care of
your physical
& mental
wellbeing.**



**Stay home
except for
essential reasons
& exercise.**



**Gather only with
members of
your household.**



**Keep your
distance, wear
your mask, wash
your hands.**



**Get the
COVID-19
vaccine when it is
available to you.**

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

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 |

What to expect after receiving your 1st dose of the COVID-19 vaccine



You may experience mild side effects that go away in 1-3 days



It takes 2 weeks after each dose for the vaccine to take effect



The clinic where you received your 1st dose will make your 2nd dose appointment



Keep your distance, wear a mask and wash your hands until more people are vaccinated



Need help getting to a city-run clinic for your vaccination appointment?



If you cannot drive yourself or take transit, ask family or friends



If ride sharing, sit in the back seat with the windows open & wear a mask



If you cannot access or afford transportation you may be eligible for supports



Plan ahead – find more information, maps and pictures of city-run clinics at toronto.ca/COVID19