

COVID-19 Vaccine: Building Trust and Confidence

Presented by: Dr. Vinita Dubey
Associate Medical Officer of Health

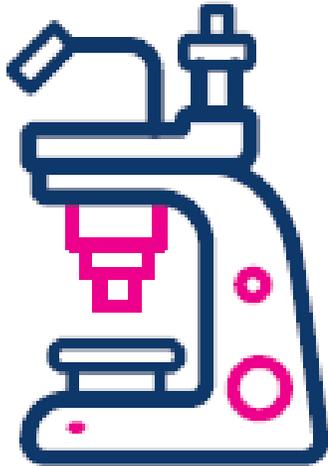
Moderator: Domenico Calla & Nicole Welch

COVID-19 in Children & Youth

- A COVID-19 infection can cause long term damage to the lungs, heart and/or brain.
- Long term effects of a COVID-19 infection can include persistent fatigue, shortness of breath, persistent cough, joint pain, muscle aches, fast and/or pounding heartbeat or trouble concentrating.
- Most children & youth with a COVID-19 infection will have either mild symptoms or no symptoms at all. However, some children can get very sick and may require hospitalization.
- Since the start of the pandemic, approximately 20% of reported cases in Canada have been in people under the age of 19.

Vaccines Make A Difference

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

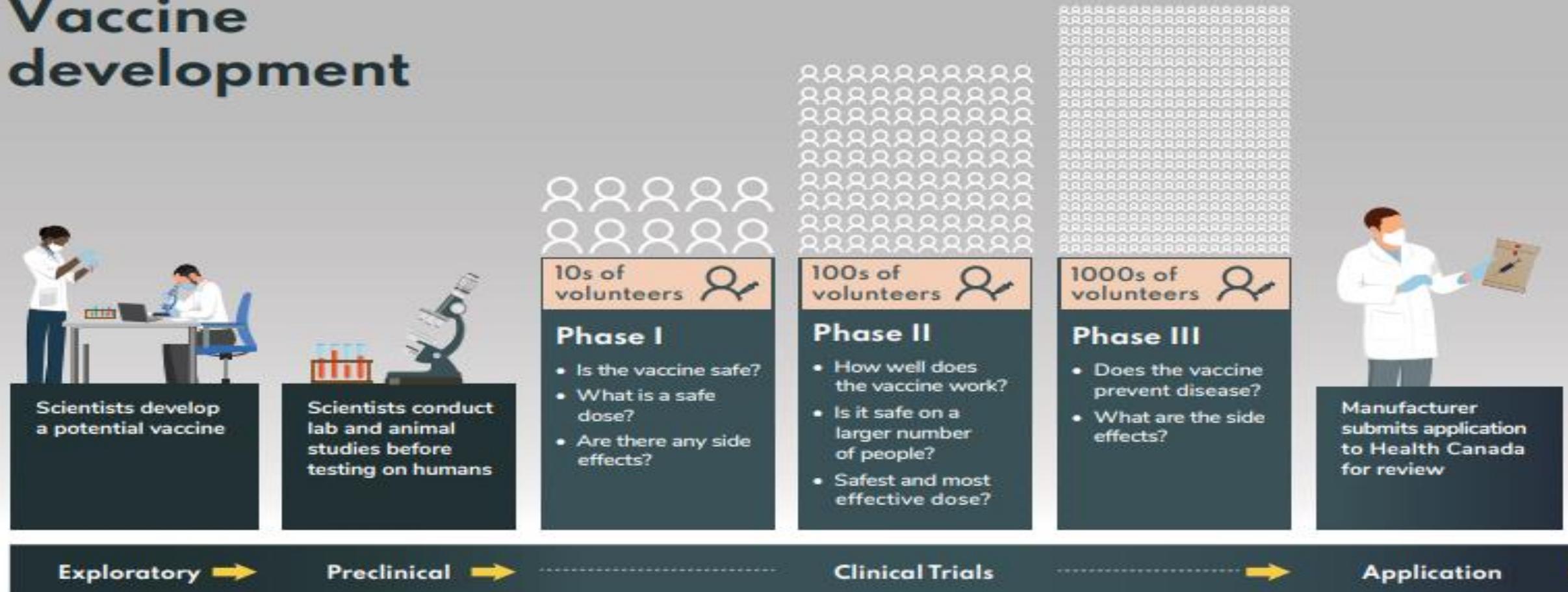


**Vaccines help to
protect us from
serious illness**

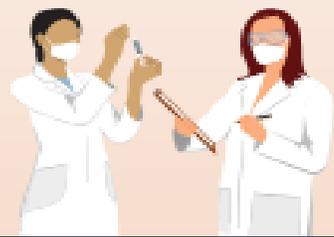


Vaccine development and approval in Canada

Vaccine development



Review and approval of vaccines



Teams of Health Canada experts conduct a thorough and independent review of all vaccine data *



Health Canada approves a vaccine if it is safe, it works, it meets manufacturing standards, and the benefits outweigh the risks



Governments coordinate the purchase, logistics and distribution of vaccines across Canada



All Canadians have access to the vaccine



Continuous monitoring and review to confirm the safety of the vaccine, and that benefits outweigh risks

Scientific Review

Approval

Distribution

Vaccination

Ongoing Monitoring and Review

* For COVID-19 vaccines, Health Canada is using a fast-tracked process that allows manufacturers to submit data as it becomes available, and for Health Canada experts to start the review process right away. Vaccines will only be authorized once we have all necessary evidence.

1.68 Billion Doses Given Worldwide

As of May 24, 2021:

- 1.68 billion doses of COVID-19 vaccines have been given in 174 countries around the world.
- 21 million doses have been given in Canada.
- **1.99 million** doses have been given in **Toronto**.

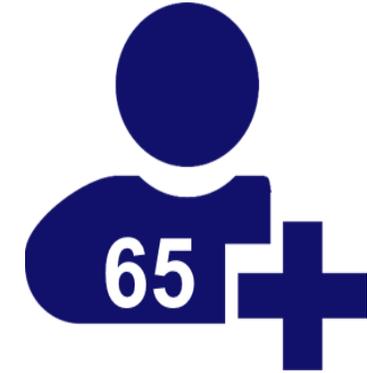
<https://www.toronto.ca/home/covid-19/>

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

COVID-19 Vaccine Clinical Studies in 12+

- The Pfizer-BioNTech COVID-19 vaccine is safe and effective for 12 to 17 year olds.
- Clinical trial evidence showed 100% efficacy in adolescents 12 to 15 years of age against confirmed COVID-19 illness.
- The Pfizer-BioNTech clinical trial included representation from diverse racial groups including Black, Asian, Hispanic/Latino, Indigenous and multiracial individuals.

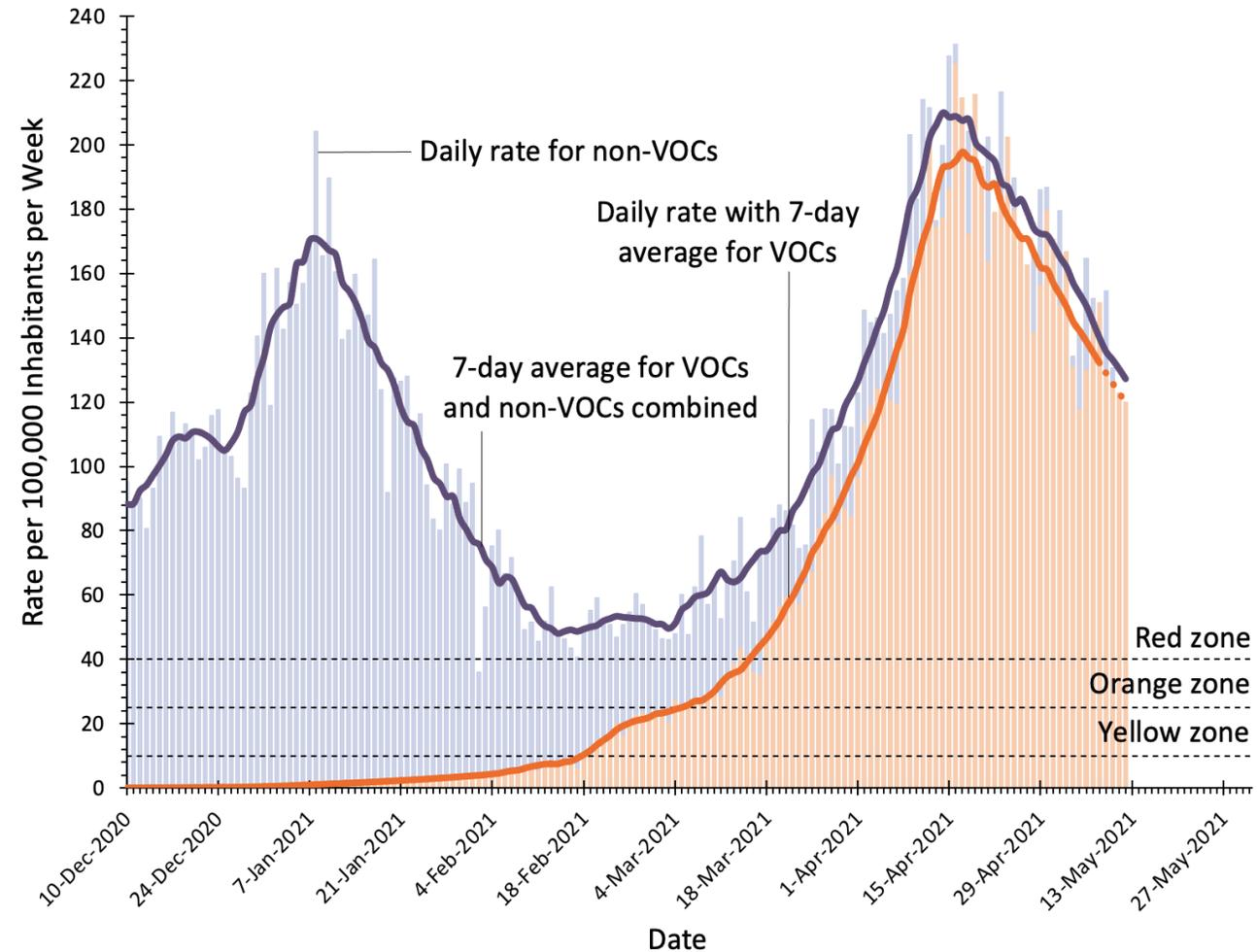
Vaccines Are Safe For ...



- People with stable health conditions including: heart disease, asthma, diabetes, high blood pressure, hepatitis B or C and HIV
- They are also safe for people on blood thinners, with a weakened immune system, auto-immune disorders and at anytime during pregnancy or breastfeeding.

Variants of Concern (VOC)

- There are different variants 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



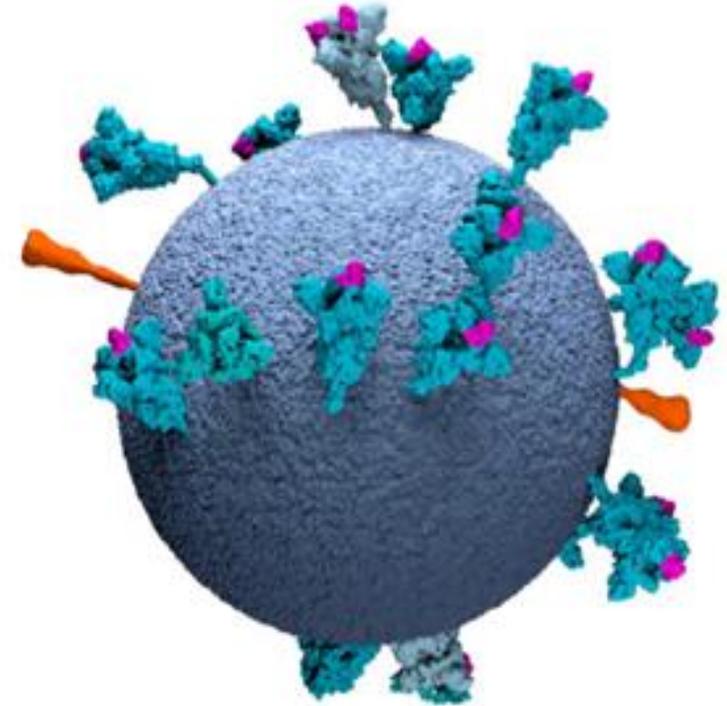
Protection offered by vaccines is important as variants can spread more easily



Booster doses may be used in the future for specific variants

How the COVID-19 Vaccines Work

- COVID-19 vaccines work by teaching your immune system to recognize the spike proteins on the surface of the coronavirus.
- After vaccination, your immune system will be able to recognize the real coronavirus and make antibodies to fight the infection.
- It takes at least two weeks after each vaccine dose to build protection.



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 About 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

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

- 12 to 17 year olds get same side effects as adults
- Most vaccine side effects are mild lasting 1 to 3 days:
 - Pain/discomfort, redness, itching & swelling where the injection was given
 - headache, feeling tired, muscle ache, joint pain
 - mild fever, chills, nausea or vomiting
 - swelling & tenderness under the armpit / enlarged lymph nodes
- Stay at the clinic for at least 15 minutes after vaccination so you can be monitored, and treated, for any reactions

Vaccination in Adolescents 12+

- Pfizer vaccine was approved, in Canada, in December 2020 for use in 16+ and then approved for use in adolescents 12+ on May 5th.
- The Pfizer vaccine's clinical trial in the United States had over 2,200 adolescents 12 to 15 years old.
- Their antibody/immune response was very strong one month after the second dose and was stronger than the antibody responses in those 16 to 26 years old.
- Vaccination does not affect puberty, menstruation, growth or fertility.

Vaccination in 12 to 17 year olds

- **Vaccination of 12 to 17 year olds in Toronto has started!**
- Must be 12 years of age at time of vaccination appointment.
- Vaccination is not mandatory.
- The best way to continue protecting all children is:
 - to keep following public health guidelines
 - for adults to be vaccinated as soon as they can

Vaccination and Informed Consent

- In Ontario there is no minimum age to provide consent for medical treatment, including vaccination (<https://www.ontario.ca/laws/statute/96h02>)
- Individuals of all ages must be capable of providing informed consent by showing an understanding of the COVID-19 information provided, including, the risks and the benefits of getting vaccinated.
- Consent from parents may not be needed for adolescents 12+ if the young person shows they are capable of making an informed decision.

Vaccination and Pregnancy

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

COVID-19 Variants Can Be Serious In Pregnancy

- Vaccination during pregnancy and breastfeeding can protect you and your baby.
- Over 114,000 pregnant persons have been involved in the COVID-19 vaccine safety registry in the United States.
- **In Ontario**, all pregnant persons are eligible for a COVID-19 vaccine now.
- Book your appointment at any time in your pregnancy or while breastfeeding.

Vaccination and Breastfeeding

GETTING YOUR COVID-19 VACCINE WHILE BREASTFEEDING



Vaccines are safe for people who are breastfeeding



They help protect you from COVID-19 & prevent you from passing it to your child



Vaccine does not pass into breastmilk. You can continue breastfeeding



Antibodies produced from vaccination do pass into breastmilk which can protect your child

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



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.

COVID-19 Roadmap to Reopen – Key Highlights

Vaccination rate
plus key health
indicators*

1

60% Adults with one dose

2

70% Adults with one dose
20% Fully vaccinated

3

70-80% Adults with one dose
25% Fully vaccinated

Permitted with
restrictions



Outdoors first with limited, well-managed crowding and permitting restricted retail

- Larger outdoor gatherings for up to 10 people
- Outdoor dining for up to 4 people per table
- Essential retail capacity at 25%
- Non-essential retail at 15%
- Outdoor religious services, rites and ceremonies with capacity limited to permit 2 metres physical distancing
- Outdoor sports, training, and personal training for up to 10 people
- Day camps
- Campsites and campgrounds
- Ontario Parks
- Outdoor horse racing and motor speedways
- Outdoor pools, splash pads and wading pools

+21 days before next step



Open indoors with small numbers and face coverings and expand outdoors

- Larger outdoor gatherings for up to 25 people
- Small indoor gatherings for up to 5 people
- Outdoor dining for up to 6 people per table
- Essential retail at 50% capacity
- Non-essential retail capacity at 25%
- Personal care services where face coverings can be worn at all times
- Outdoor meeting and event spaces
- Outdoor amusement and water parks
- Outdoor boat tour operators
- Outdoor county fairs and rural exhibitions
- Outdoor sports leagues and events
- Outdoor cinemas, performing arts, live music events and attractions

+21 days before next step



Expand indoors where face coverings can't always be worn

- Larger indoor and outdoor gatherings
- Indoor dining
- Essential and non-essential retail open with limited capacity
- Larger indoor religious services, rites, and ceremony gatherings
- Indoor meeting and event spaces
- Indoor sports and recreational facilities
- Indoor seated events
- Indoor attractions and cultural amenities
- Casino and bingo halls
- Other outdoor activities from Step 2 permitted to operate indoors

* Key health indicators include declining hospitalization, ICU, cases rate and % positivity

Based on current trends in key health indicators, including the provincial vaccination rate, Ontario expects to enter Step One of the roadmap around June 14, 2021.

Ways To Get Vaccinated

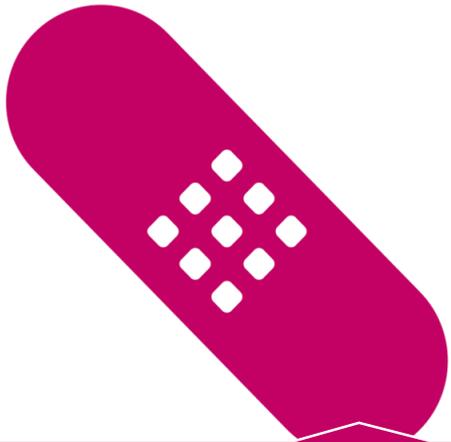
Red & white or no health card?
Register using telephone #

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

Public Health Measures Continue

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.

Stop the Spread of Misinformation

DON'T PLAY

THE TELEPHONE GAME

STOP THE SPREAD OF COVID-19 MISINFORMATION



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?



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.



Booking Vaccination Without OHIP

FCJ Refugee Centre

416-469-9754 ext. 230 or 232; WhatsApp: 437-217-3786

Access Alliance

Telephone: 416-760-8677

Toronto Public Health Hotline

Telephone: 416-338-7600; TTY: 416-392-0658

Phone interpretation services available

City of Toronto 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

- **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>

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.
- 150,000,000 doses of Pfizer vaccine administered in the USA. There have been no safety signals so far.
- Works well, even with variants.
- Current vaccine being offered at the City of Toronto's mass immunization clinics, and most other clinics.

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



I RECEIVED MY FIRST DOSE OF THE AstraZeneca/COVIDSHELD VACCINE



You are helping
to stop the spread
of COVID-19



It provides great
protection from
COVID-19 related
hospitalization & death



Blood clots remain
rare & are not expected
after 28 days post
vaccination



Evidence-informed
recommendations for
2nd dose coming soon

Blood Clots, Low Blood Platelet Count, VITT

- 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 of Astra Zeneca vaccination has been paused as of May 11, 2021 until further notice.**
- 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, severe 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 \(covid19-sciencetable.ca\)](#)

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.**

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.

How were vaccines 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