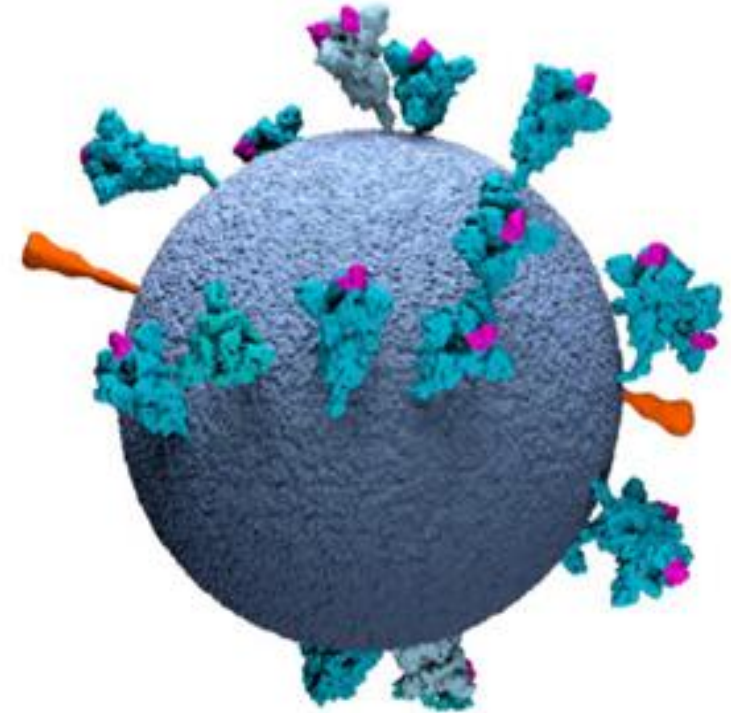


COVID-19 Vaccines: Building Trust and Confidence

Dr. Vinita Dubey
Associate Medical Officer of Health
Toronto Public Health

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.



Vaccines Are Safe and Make a Difference

COVID-19 VACCINES WERE CAREFULLY STUDIED BEFORE APPROVED



Vaccines were tested in thousands of people in large clinical trials



Health Canada completed a full review before approving



Over 2 billion vaccine doses have been given around the world so far



They can protect you from serious illness & variants

toronto.ca/COVID19

Vaccines Are Safe



- For those with autism, ADHD, heart or kidney conditions, diabetes, high blood pressure, auto-immune disorders, asthma, allergies and pregnant or breastfeeding.
- Do not impact hormones: puberty, menstruation, fertility or menopause.
- Specific medical conditions should be discussed with your primary health care provider and/or specialist prior to your vaccination appointment.

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

Side Effects

- Most vaccine side effects are mild, lasting 1 to 3 days:
 - Pain/discomfort, redness, itching & swelling where the injection was given
 - headache, fatigue, muscle ache, joint pain
 - fever, chills, nausea or vomiting
 - swelling & tenderness in 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.
- Report symptoms lasting longer than 3 days to your healthcare provider.

What About 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

I Already Had COVID-19

I ALREADY HAD COVID-19, DO I NEED THE VACCINE?



Yes, we are still learning how long immunity from natural infection lasts



Natural immunity may not protect against COVID-19 variants



It is possible to get the COVID-19 infection again



Wait until self-isolation is completed and your symptoms have gone away to get the vaccine



It is best to get the vaccine to stay protected

COVID-19 VACCINATION FOR YOUTH AGED 12+



Health Canada has approved the Pfizer BioNTech vaccine for youth 12 to 17 years old



Vaccinating youth protects them from getting sick and reduces virus spread within the household



Vaccinations for youth are safe and they work



Vaccinating more people will allow us to get back to normal sooner

2.7 million doses have been given in Toronto, including over 79, 000 youth 12-17 years old

Ways To Get Vaccinated

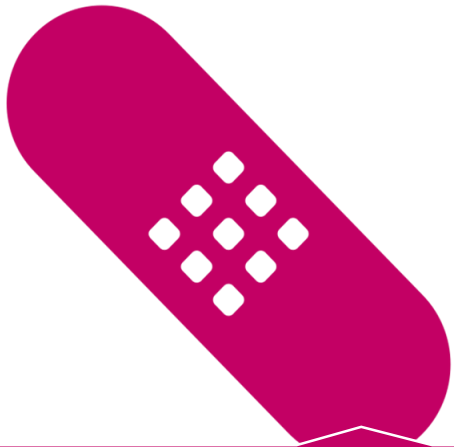
Red & white or
no Health Card?
Register using telephone #

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

Residents Without OHIP Cards

HOW TO GET VACCINATED WITHOUT AN OHIP CARD



Call our partner agencies to book an appointment



You can use other forms of ID to book your appointment



You can also book at our hospital partners' clinics at vaccineto.ca



Pharmacies accept other gov't issued IDs

toronto.ca/COVID19

 TORONTO Public Health

FCJ Refugee Centre

416-469-9754 ext. 230 or 232

WhatsApp: 437-217-3786

Access Alliance Multicultural Health & Community Service

416-760-8677

Toronto Public Health Hotline

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

Canadian Centre for Victims of Torture

Telephone: 416-306-4319

Acknowledging History & Hesitancy

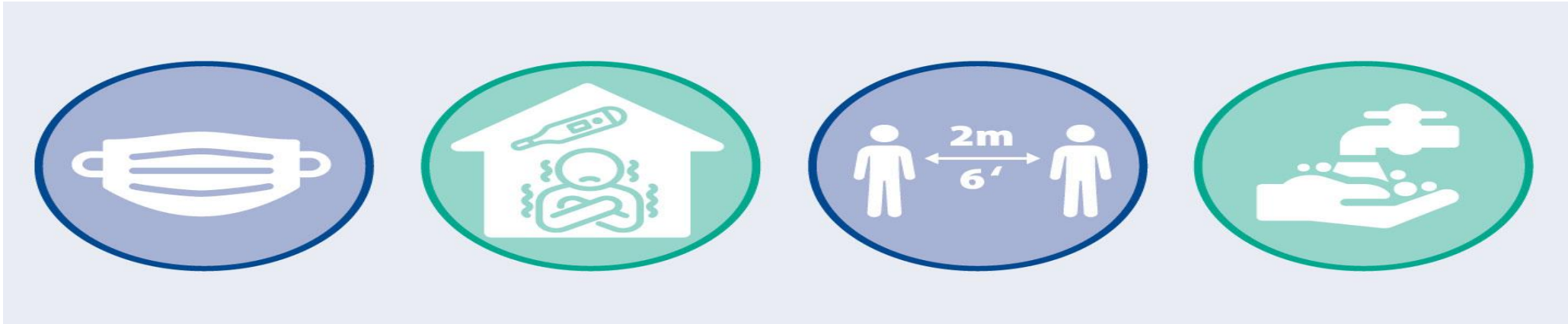
- Historical and recent experiences of racism and discrimination in healthcare has lead to a lack of trust in government, pharmaceutical companies and the COVID-19 vaccines.
- Conflicting and unreliable sources are circulating myths and misinformation, mainly on social media.
- Particular consideration for Black, Indigenous and People of Colour (BIPOC) communities

Community Ambassadors

- 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

Public Health Measures Continue

Vaccines are one of many tools we have to fight the COVID-19 pandemic. Public health measures continue until enough people receive their 2nd dose.



- Wear a Mask or Face Covering Where Required
- Stay Home When Sick and Get Tested if You Have COVID-like Symptoms
- Maintain Physical Distance
- Sanitize and Wash Your Hands Regularly

Stop the Spread of Misinformation

DON'T PLAY

THE TELEPHONE GAME

STOP THE SPREAD OF COVID-19 MISINFORMATION



More Than A Disease



Mental Health Supports

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 in your household & community
- ✓ Spread the word
- ✓ Encourage friends, family & co-workers to get their shot



Protected together.

Contact Toronto Public Health

Call 416-338-7600

8:30 am to 8:00 pm / 7 days a week

Text the word **VACCINE** to 1-833-750-0888 to be connected with resources including appointment bookings & information on vaccines

Visit toronto.ca/covid19

Questions?



- Canadian Vaccine Development, Review & Approval Process
- Vaccine Ingredients
- Moderna & Pfizer Vaccine Allergies
- Additional Information About Astra-Zeneca Vaccine & Blood Clots (VITT)
- Vaccination in Pregnancy and Breastfeeding

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.

Getting Back to Normal Sooner

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

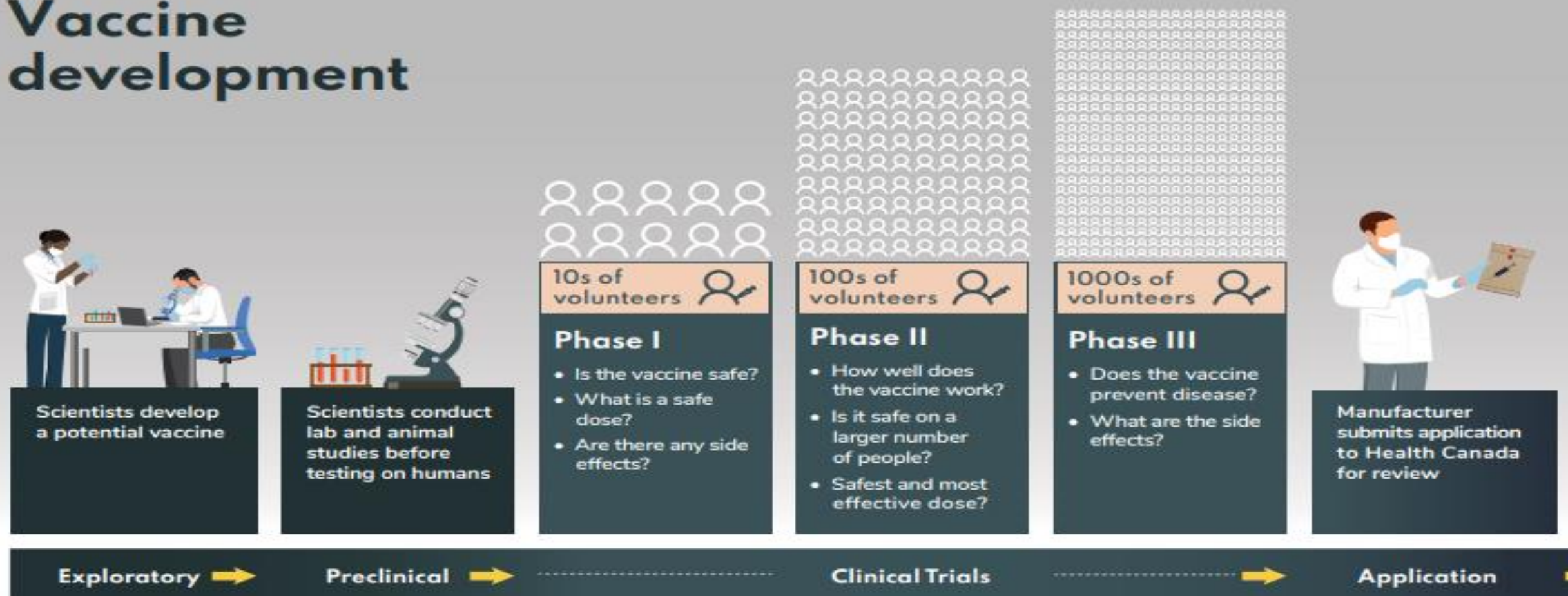
- Larger indoor and outdoor gatherings
- Indoor dining
- Essential and non-essential retail open with limited capacity
- Larger indoor religious services, rites, and ceremony gatherings
- Indoor meeting and event spaces
- Indoor sports and recreational facilities
- Indoor seated events
- Indoor attractions 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

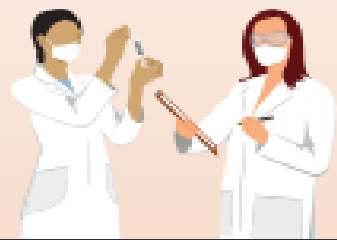
Based on current trends in key health indicators, including the provincial vaccination rate, Ontario expects to enter Step One of the roadmap around June 14, 2021.

Vaccine development and approval in Canada

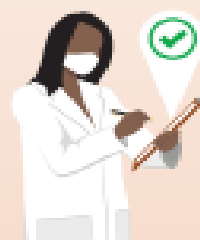
Vaccine development



Review and approval of vaccines



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



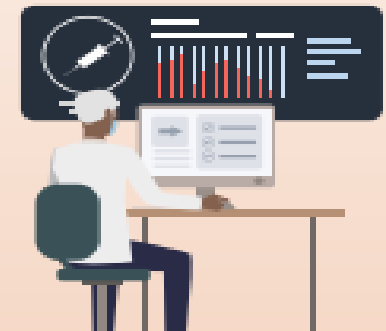
Health Canada approves a vaccine if it is safe, it works, it meets manufacturing standards, and the benefits outweigh the risks



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.

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

Pfizer-BioNTech & Moderna

Polyethylene glycol (PEG) 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

Tromethamine also found in:

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



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

COVID-19 Can Be Serious In Pregnancy

- Vaccination during pregnancy and breastfeeding can protect you and your baby.
- Over 121,000 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 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

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