

COVID-19 Vaccines: Building Trust and Confidence

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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, auto-immune disorders, asthma or allergies.
- Do not impact puberty, menstruation, growth or fertility.
- At anytime during pregnancy or breastfeeding.

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

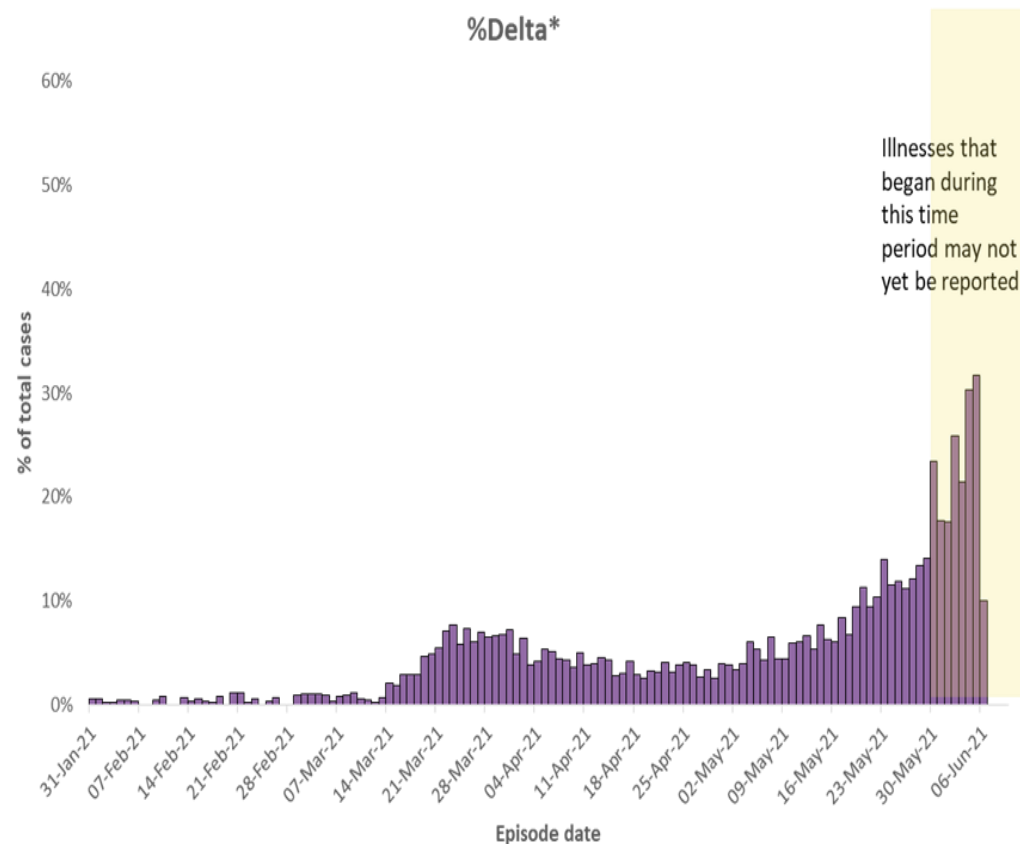


Booster doses may be used in the future for specific variants

The Delta Variant (B.1.617)

- Variants have replaced the original COVID-19 strain
- The Delta variant is currently the dominant variant in Toronto.
- Spreads more easily than other variants, including the UK variant (B1.1.7) that was largely responsible for the 3rd wave
- Vaccination is key to preventing a 4th wave

Delta* cases reported in Toronto, January 31 to June 9, 2021

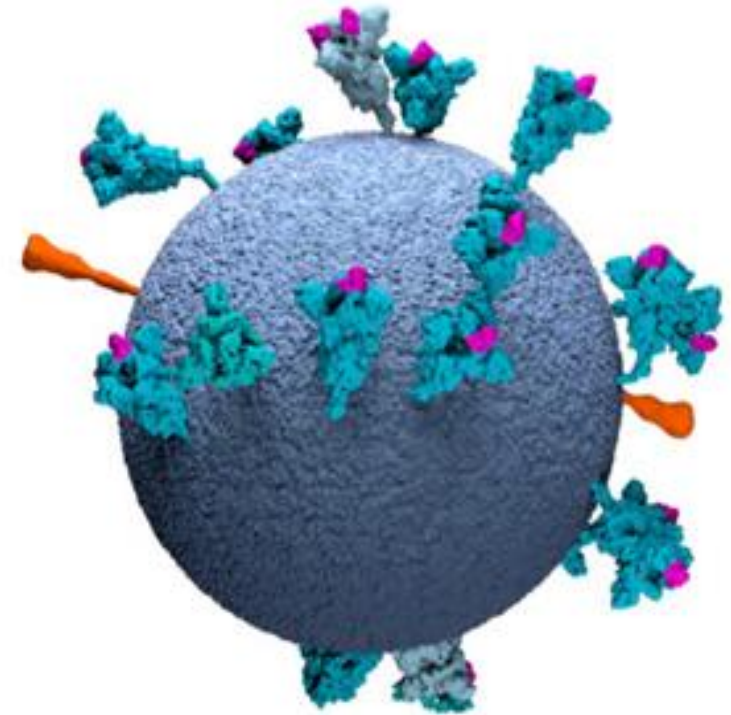


Data extracted from CCM on June 9, 2021.

*Interpret this data with significant caution, as the Delta variant is not universally screened for in the province.

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

Side Effects in Youth Similar to Adults

- 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.

Myocarditis and Pericarditis

- Myocarditis and pericarditis are types of inflammation in different parts of the heart.
- Recent international reports in teens and young adult males are being investigated to determine if cases are directly related to mRNA vaccination.
- Contact your healthcare provider or 911 if experiencing chest pain, shortness of breath or palpitations within a few days of vaccination.
- Can be treated with medical care with good results and recovery.
- Vaccination continues to be recommended when considering the long term effects and serious complications related to a COVID-19 infection.

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

toronto.ca/COVID19

**Almost 3 million doses have been given in Toronto, including
over 79,000 youth 12-17 years old**

Pfizer Vaccine Approved by Health Canada for 12+ Adolescents and Youth

- The Pfizer clinical trial in the United States had over 2,200 participants.
- Showed 100% efficacy in participants aged 12 to 15 against confirmed COVID-19 illness.
- 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.
- Participants included representation from diverse groups within the Black, Indigenous and Persons of Colour (BIPOC) communities.

<https://www.pfizer.com/news/press-release/press-release-detail/pfizer-biontech-announce-positive-topline-results-pivotal>

Vaccination and Informed Consent

Does my 12+ child require informed consent to receive their vaccine?



Yes! Every vaccine that is given requires informed consent



Parents/guardians should discuss vaccination plans with their children



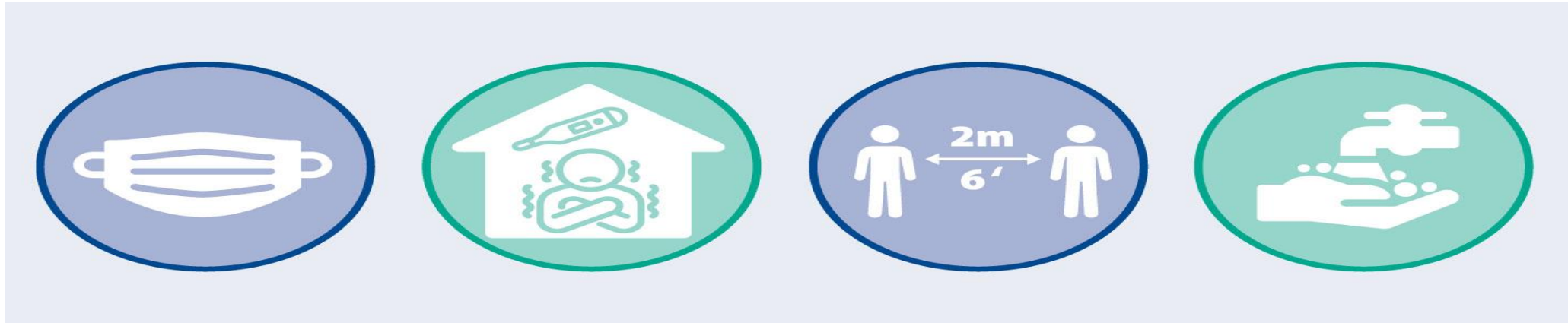
If a youth aged 12 to 17 is capable to provide consent, parental consent is not needed



Informed consent includes understanding the vaccine, why it is being recommended, and the benefits and risks

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 also protects others in your household & community
- ✓ Spread the word. Each one, reach one!
- ✓ Encourage family, friends and 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?



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



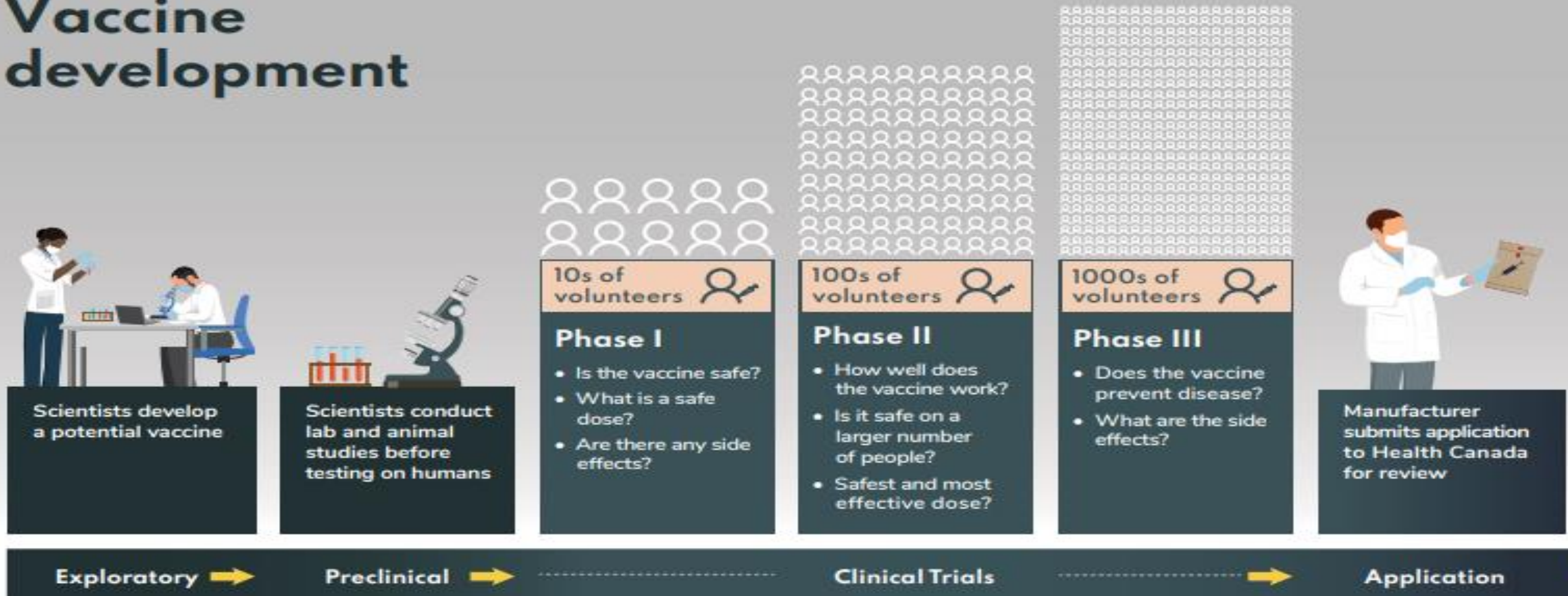
Wait until self-isolation is completed and your symptoms have gone away to get the vaccine



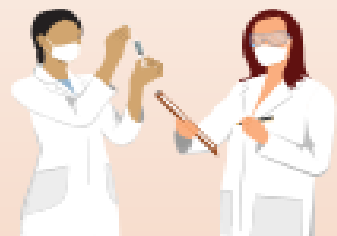
It is best to get the vaccine to stay protected

Vaccine development and approval in Canada

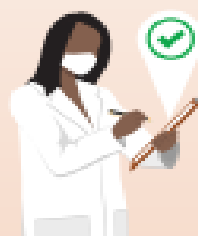
Vaccine development



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.**

- 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 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

Allergies & Vaccines

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

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.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafepregnancyregistry.html>

<https://covid-19.ontario.ca/ontarios-covid-19-vaccination-plan#at-risk>

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

Ways To Get Vaccinated

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

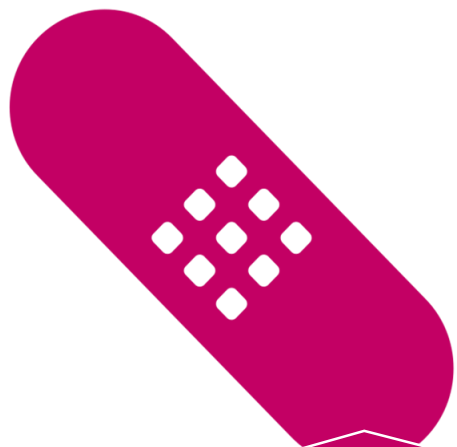
City clinics <https://covid-19.ontario.ca/book-vaccine/>

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

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 **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