



## Frequently asked questions to support faith leaders in having conversations with community members

### COVID-19 Vaccines

Please refer to your religious leader for questions specific to vaccine permissibility or dietary restrictions.

#### **I already had COVID-19, do I still need to get vaccinated?**

Yes. Natural immunity does not usually last longer than 90 days. It is possible to get COVID-19 again.

#### **Can COVID-19 vaccines change menstrual cycles?**

There is no evidence that COVID-19 vaccination changes people's menstrual cycle. Irregular periods are common even before COVID-19 vaccinations were available. Most irregular periods are temporary.

#### **Is it safe to get the COVID-19 vaccine during pregnancy or while breastfeeding?**

- COVID-19 vaccine is recommended for people who are pregnant, breastfeeding, and/or trying to get pregnant.
- Pregnant people are more likely to get extremely sick from COVID-19 compared with non-pregnant people.
- Antibodies, which provide protection against COVID-19, can pass to the baby during pregnancy and breastfeeding.

#### **Will COVID-19 vaccines affect fertility?**

- Millions of people worldwide have received the vaccines with no fertility concerns identified.
- Research shows no impact on fertility (including no effect on sperm).
- The vaccine activates our immune system and does not impact the reproductive system.

#### **Is it possible to get COVID-19 from the vaccine?**

None of the vaccines contain live virus that causes COVID-19, so it is not possible to get the disease from the vaccine.

#### **Are the COVID-19 vaccines vegan, Halal or Kosher?**

The mRNA vaccines do not contain animal products. Please refer to your religious leader for questions specific to vaccine permissibility or dietary restrictions.



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#### What side effects can I expect from the vaccines?

- Not everyone has side effects after they receive their vaccine. Some people may have side effects like sore arm, fever, chills or headache. Over-the-counter medicine, such as acetaminophen (e.g. Tylenol) may help to relieve symptoms.
- These side effects are normal signs that the body is building immunity against the virus that causes COVID-19. Side effects usually go away in a few days. If you have concerns, speak with a health care provider.

#### I don't have paid sick days, what if I get side effects?

Consider getting your vaccine when you have a day or two off from work. Ontario workers may qualify for up to three days of sick leave, at regular wages, up to \$200 per day. Refer to poster: [Ontario COVID-19 Worker Income Protection Benefit](#).

#### Is it okay to take the vaccine if I have health conditions, or am taking medicine?

People with existing health conditions such as asthma, diabetes, high blood pressure, high cholesterol, hepatitis, HIV or receiving chemotherapy can receive the COVID-19 vaccine. Some people with severe immune compromised health may need an additional dose after the two-dose series.

If you have questions, speak with your health care provider. You can also book an appointment via [VaxFacts](#), for a free one-on-one virtual consultation with a doctor from Scarborough Health Network.

Finding reliable and correct information can help your community to make informed decisions:

#### 1. Verify the source before you share

- Some websites can seem credible but are not from proper sources.

#### 2. Check the facts

- Read past the headlines. Is it supported by facts?
- Check other sources to confirm the story.

#### 3. For reliable information, use a trusted source

- Visit: [Health Canada](#) or [Toronto Public Health](#) for information on COVID-19 and COVID-19 vaccines.