# HALTON
### REGION

# What you need to know about getting the COVID-19 vaccine!

## What is the COVID-19 vaccine?

- The COVID-19 vaccine protects you from getting sick from the virus that causes COVID-19. This is important because COVID-19 can cause severe illness or death.
- The vaccine does not contain a live virus. You cannot get COVID-19 from the vaccine.
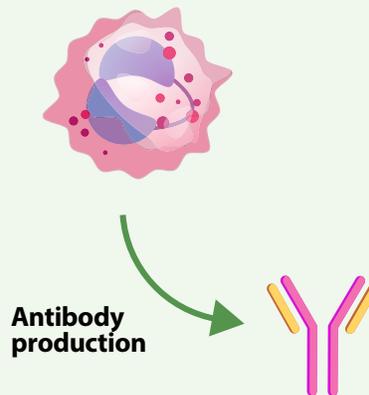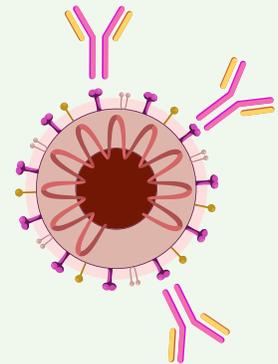
## How does the vaccine work?

**1**

The vaccine is injected into the muscle of your arm by a health care professional trained in administering vaccines.

**2**

The vaccine stimulates the body's immune system to produce antibodies that protect you from the COVID-19 virus.

**Antibody production**

**3**

If you are exposed to the COVID-19 virus in the future, your immune system will be prepared to stop the virus to reduce the odds of you getting sick.

## How was the COVID-19 vaccine approved in Canada?

- Health Canada approved the COVID-19 vaccine because clinical trials on thousands of adults and children showed it is safe, effective and of high quality.
- Studies show COVID-19 vaccination creates a strong immune response with no serious side effects.
- mRNA vaccine technology used in the Pfizer-BioNTech and Moderna COVID-19 vaccines is not new and has been used in research trials for many years.
- The COVID-19 vaccines were approved quickly because of:

**Increased funding**

**International collaboration among scientists, governments and industry**

**Advances in science and technology**

## What are the normal side effects to expect after receiving the vaccine?

Some mild side effects are common after vaccination, such as pain and swelling where the vaccine was given, tiredness, muscle pain or headache. These side effects are more common after the second dose and are normal signs that your body is building protection. Serious side effects after receiving the vaccine are rare.

## What vaccine and dosage will children receive?

Health Canada has approved the Pfizer-BioNTech paediatric COVID-19 vaccine for children 5-11 years of age. This vaccine is one third the size of the adult dose. A lower dosage works because children have a stronger immune response than adults.

## Get vaccinated as soon as you can to protect yourself and our community!

If you are concerned about getting the vaccine due to any underlying health conditions or medications that you are currently taking, **talk with your doctor before receiving the COVID-19 vaccine**.

For more information about COVID-19 vaccines, visit **halton.ca/COVIDvaccines**.

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