COVID-19 Vaccine Facts from our Parish Nurse, Michelle Lovely

COVID-19 Vaccine Facts

True or False

1. **The COVID-19 vaccine is safe.**
   a. **TRUE**- Canada is recognized around the world for its high standards for drug and vaccine review, approvals and monitoring systems; these will not be compromised. The Government of Canada has gained real-time access to manufacturer clinical trial data for the most promising vaccine candidates, and continues to work with the global regulatory community to make sure COVID-19 vaccines are safe and effective before regularity approval is granted.
   b. Clinical trials for all vaccines must first show they meet rigorous criteria for safety and effectiveness before any vaccine, including COVID-19 vaccines, can be authorized or approved for use. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine.
2. **If I get the COVID-19 vaccine I will never get COVID-19.**
   a. **FALSE-** The COVID-19 vaccine allows your body to create anti-bodies towards the COVID-19 virus. You can still catch the COVID-19 virus if you are exposed, however, if you have received the COVID-19 vaccine your body will be able to protect you for becoming symptomatic or experiencing sever symptoms.
3. **I need to wear a mask and avoid close contact with others if I have received the COVID 19 Vaccine.**
   a. **TRUE** – Even if you have received the COVID-19 vaccine you still may be a carrier of the virus, even if you don't get sick yourself. In addition, you will not be aware of who has received the COVID-19 vaccine. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, **it will be important for everyone to continue using all the tools available to help stop this pandemic.**
      i. Wear a mask over your nose and mouth
      ii. Stay at least 6 feet away from others
      iii. Avoid crowds
      iv. Avoid poorly ventilated spaces
      v. Wash your hands often

      Together, COVID-19 vaccination and following the CDC's and Health Canada recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19.
4. **You can get COVID-19 from the vaccine.**
   a. **FALSE** - There's no live virus in the vaccines, so they can't infect you. Vaccines make our bodies produce one single protein from the virus—the protein that infects our cells. By making that protein, we prevent infection. You might have side effects like a headache or chills, but that's because your body is creating an immune response, not because you have an infection.
5. **I've already had COVID-19, so I don't need to get vaccinated.**

      a. **FALSE** – Health Canada and the CDC recommend that those who have had COVID-19 get the vaccine. There is preliminary evidence that the vaccine offers better protection than having had the virus.

6. **People with underlying conditions shouldn't get vaccinated.**
   a. **FALSE** - People who have underlying conditions—like diabetes and heart disease, for example—are at a high risk for getting complications from COVID-19, so it's even more important they get vaccinated. Always talk with your doctor who is helping you manage the condition if you have concerns.

7. **Is it safe to get the COVID-19 Vaccine while I am Pregnant or Breastfeeding?**
   a. It is still unclear how the COVID-19 vaccine impacts pregnancy. Individuals who are pregnant and breastfeeding can choose whether or not they wish to be vaccinated, however, it is always best to consult If you have questions about getting vaccinated, talking with a healthcare provider may might help you make an informed decision. While breastfeeding is an important consideration, it is rarely a safety concern with vaccines.

To find out more about the COVID-19 Vaccine, how to access the vaccine and who is in line to get the vaccine check out the Government of Canada, Health Canada and CDC websites:

https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/vaccines

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html

https://www.canada.ca/en/public-health/services/vaccination-children/safety-concerns-side-effects.html

https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/what-you-need-to-know-covid-19-vaccine/what-you-need-to-know-covid-19-vaccine-eng.pdf