



COVID-19 Vaccines

Protect yourself. Protect others.

Vaccines are safe and reliable. They are the best way to protect you and your family from COVID-19.

Vaccine safety

Creating a new vaccine can take years. Yet, the progress on COVID-19 vaccines happened quickly for many reasons, including:

- Many years of research on viruses like COVID-19.
- Advances in science and technology.
- Scientists, health professionals, researchers, industry and governments all working together.
- Increased funding.
- People volunteering to take part in clinical trials.
- Fewer delays in the approval process.



Before any vaccines are available, they:

- Pass a series of testing in studies to make sure they are safe and work.
- Are checked and approved for use by Health Canada.

Canada has very high standards for vaccine safety.

Health Canada only approves vaccines after an independent review. This means that the people who create the vaccine are not the same people who review it for safety. Once a vaccine is in use, Health Canada continue to keep an eye on it. Vaccine safety and benefits are also checked by the people who give them. This includes nurses, doctors and pharmacists.

Health Canada must approve all COVID-19 vaccines for use in Canada.

Our supply of vaccine will not arrive all at once.

As we get more vaccine, we will vaccinate more people in stages. The goal is for every person in Waterloo Region to get a COVID-19 vaccination, if they want one. This will happen when enough doses are available from the vaccine maker.



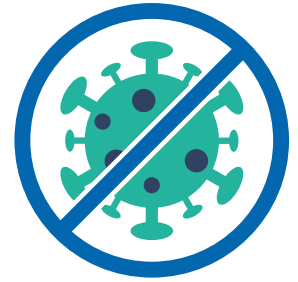
Join the team. Help defend against COVID-19. Get vaccinated.
regionofwaterloo.ca/COVID19vaccine

#TeamVaccineWR



How vaccines work

Vaccines reduce the risks of getting a disease. They work with your body's natural defenses to build protection. Vaccines train your body to fight a virus if it enters your body. This protection can reduce your risk of getting COVID-19. It can also, make symptoms milder if you do get it. Vaccination is a powerful way to stop the spread of COVID-19.



Vaccines do not contain COVID-19 virus and cannot give you COVID-19.

Building immunity takes time

Vaccination helps keep you from getting sick. It is a useful tool in the fight against COVID-19. To slow or stop the spread of COVID-19 most people need to get the vaccine and become immune. You need two doses of the vaccine spaced apart. It takes 7 to 14 days after your second dose, to reach full protection. Even then, you can still carry and pass COVID-19 onto others. You must continue to wear a mask after you get the vaccine. Building defenses against COVID-19 is a team effort. Getting vaccinated adds one more layer of protection.



What can I do while I wait my turn?

- Avoid gatherings with people that live outside your home.
- Limit trips outside your home (groceries, medical appointments, work).
- Stay 2 metres away from people you do not live with.
- Wear a mask that covers your nose and mouth.
- Wash your hands often with warm water and soap or an alcohol-based hand sanitizer.
- Avoid indoor spaces and crowded places.
- Stay home when you are sick and isolate from others in your house.
- If you have symptoms, make an appointment to be tested.

What are the side effects?

Some people have side effects from the vaccine. Most times, these are moderate and lessen after a few days. Some side effects are part of the body learning to build immunity:

- pain at the injection site
- headache
- feeling tired
- muscle or joint pain
- fever or chills
- redness or swelling at the injection site

In rare cases, serious allergic reactions (anaphylaxis) can happen. In most cases, reactions can be treated and are usually temporary.



Talk to a real person 24/7 in over 200 languages: 519-575-4400

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