

When it's Best to Get the First COVID-19 Vaccine Available to You

It's best to get vaccinated as soon as possible:

- ✓ When there is a lot of virus in your community
- ✓ When there are "variants of concern" in your community
- ✓ If you or someone in your home must go out to work every day
- ✓ If you are the main caregiver for someone else
- ✓ If you have a chronic disease such as diabetes, heart disease, asthma
- ✓ If you have a weakened immune system
- ✓ If you are pregnant
- ✓ If you have a history of blood clots (1 in 100 COVID-19 cases has a blood clot)

It's best to wait to get vaccinated:

- ✓ If you have a serious infection (ex. fever), wait until you feel better
- ✓ If you currently have COVID-19, wait 2 weeks
- ✓ If you have just received a vaccine (ex. shingles vaccine), wait 2 weeks
- ✓ If you have an allergy to a specific ingredient in one of the vaccines, talk to your doctor or pharmacist to find out which vaccine you can get
- ✓ If you have had heparin-induced thrombocytopenia (HIT) before, talk to your doctor or pharmacist to find out which vaccine you can get

*In a pandemic, waiting for a different vaccine means **choosing to be unprotected** for longer.*

How long does it take for a COVID-19 vaccine to work?



After dose 1* *of a 2-dose vaccine
It can take up to **4 weeks** to get good protection



After dose 2
It can take another **1-2 weeks** to get full protection



All 4 approved vaccines in Canada protect against severe illness, hospitalization, and death. Waiting days or weeks delays your protection.

How COVID-19 Vaccines Compare



Oxford
AstraZeneca



Johnson & Johnson



Pfizer
BioNTech



Moderna



All four vaccines protect against hospitalization and death from COVID-19.

	AstraZeneca	Johnson & Johnson	Pfizer	Moderna
Eligible age	18+*	18+*	12+	18+
Number of doses	2	1	2	2
Those fully vaccinated who are still at risk of hospitalization and death from COVID-19	0 in 100¹	0 in 100²	0 in 100³	0 in 100⁴
Those fully vaccinated who are still at risk of mild to moderate COVID-19	38 in 100 ¹	34 in 100 ²	5 in 100 ³	5 in 100 ⁴
Offers some protection 4 - 6 weeks after first dose	Yes	Yes	Yes	Yes
Rare but serious side effects (more info page 3)	1 to 2 in 100,000 risk of vaccine induced blood clot	1 in 500,000 risk of vaccine induced blood clot	None as of May 5, 2021	None as of May 5, 2021

*Health Canada has authorized use of AstraZeneca for those 18+, while some provinces have set the eligible age to 40+.

†As of April 14, 2021, Health Canada states that the benefits of the vaccine in protecting against COVID-19 outweigh its potential risks.

¹Voysey et al. Lancet 2021; 397 (10269): 99-111.

²<https://www.fda.gov/advisory-committees/advisory-committee-calendar/vaccines-and-related-biological-products-advisory-committee-december-10-2020-meeting-announcement>




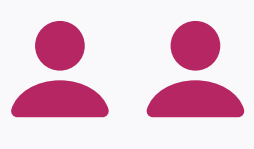
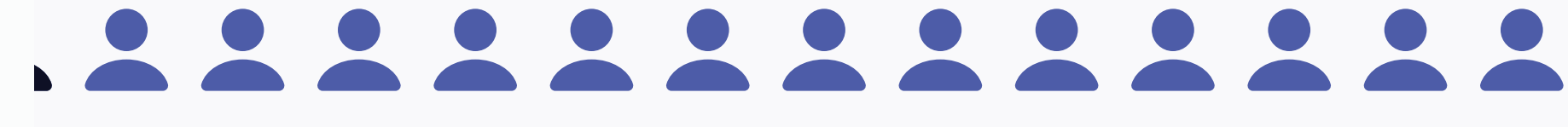

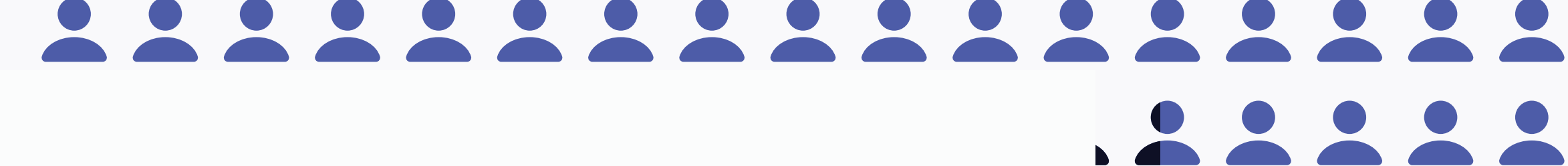

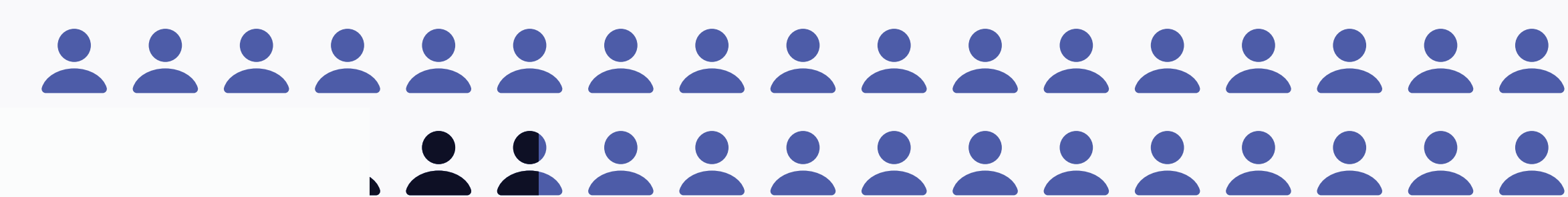
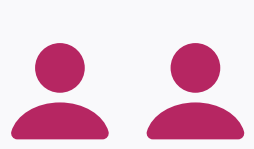

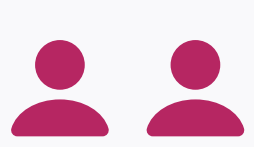
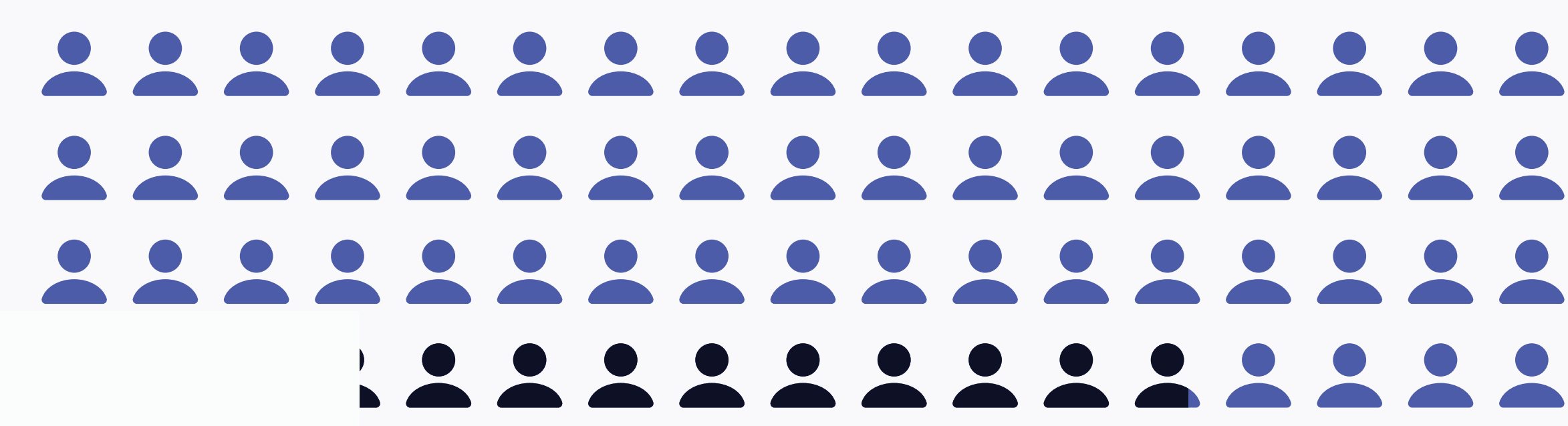

³Polack et al. N Engl J Med. 2020; 383: 2603-2615



⁴Baden et al. N Engl J Med. 2021; 384: 403-416

[†]<https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2021/75389a-eng.php>

Getting an AstraZeneca or Johnson & Johnson Vaccine when COVID-19 Risk is High

Based on Ontario data over the previous 14 days as of April 27, 2021*

Potential Benefits	Age	Potential Harms [†]
	20-29	
	30-39	
	40-49	
	50-59	
	60-69	
	70-79	
	80+	

 = 1 COVID-19 hospitalization prevented (per 100,000)
 = 1 COVID-19 related death prevented (per 100,000)

 = 1 vaccine-related blood clot (per 100,000)

[†]these are estimates and subject to change as we learn more about vaccine-related blood clots

*<https://www.publichealthontario.ca/en/data-and-analysis/infectious-disease/covid-19-data-surveillance/covid-19-data-tool?tab=summary>

Vaccine Aftercare

1 The side effects are similar for all four vaccines. *AstraZeneca, Johnson & Johnson, Pfizer, Moderna*

Most common

- Sore arm that may be red or itchy



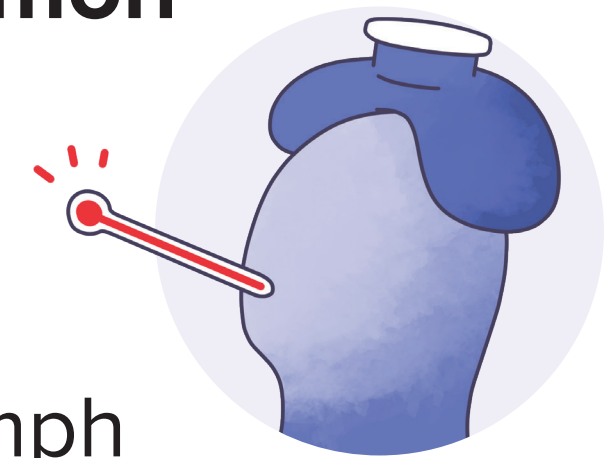
Common

- Fatigue
- Headache
- Muscle/joint pain
- Chills



Less Common

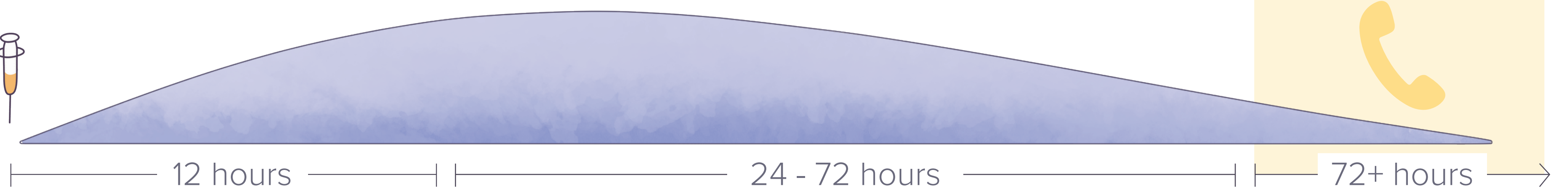
- Fever
- Nausea
- Diarrhea
- Swollen lymph node



! Younger people tend to have more side effects than older people.

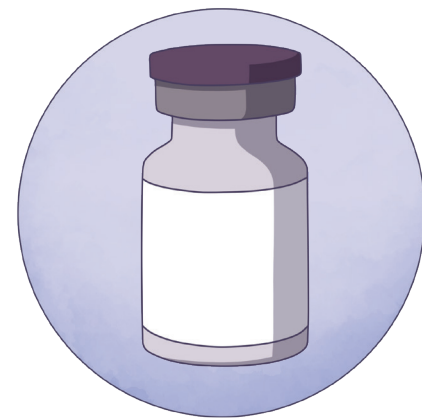
2 You may feel side effects as your body learns how to fight COVID-19.

Side effects usually **start around 12 hours** after vaccination and **resolve in 24-72 hours**. If side effects persist after 72 hours, it's reasonable to call your healthcare provider.

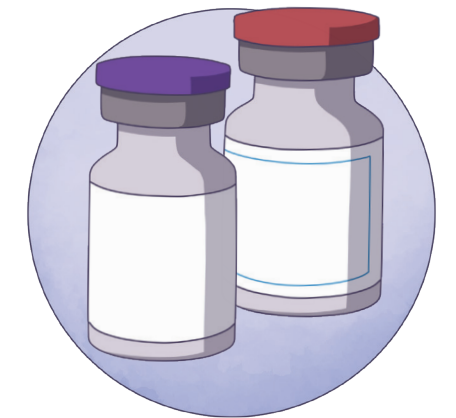


! It is ok to take an over-the-counter pain/fever reliever like acetaminophen, ibuprofen, or naproxen.

3 Side effects are usually worse after the 1st dose of AstraZeneca...



...and usually worse after the 2nd dose of Pfizer and Moderna.



! Continue to wear a mask, wash your hands, and distance yourself from others until most people around you are also fully vaccinated.

4 Vaccine protection takes time to build.

*For a 2-dose vaccine

It takes **4-6 weeks to get good protection** from a single dose of a vaccine*. After a single dose, around 80% of people are protected from severe illness, hospitalization, and death.

It takes **1-2 weeks more to get full protection** after the second dose. After the second dose, close to 100% of people are protected from severe illness, hospitalization, and death.

5 Monitoring for blood clots after the AstraZeneca/Johnson & Johnson vaccines:

! Seek medical attention immediately if any of the following occur (4-42 days after vaccination):

- a severe headache that does not go away
- vision changes or seizures
- stroke-like symptoms (weak arm or leg)
- shortness of breath
- abdominal or chest pain
- limb that is swollen and red or cold and pale
- unusual bleeding or multiple small bruises, reddish or purplish spots, or blood blisters under the skin

<https://thrombosiscanada.ca/covid-19-vaccines-and-blood-clots-faqs/>