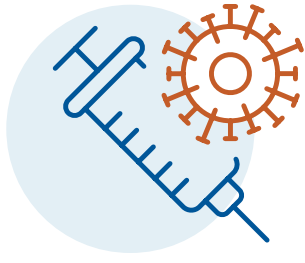




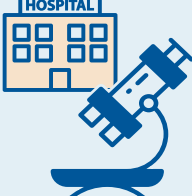
The facts about COVID-19 vaccines



WHAT IS THE COVID-19 VACCINE?

The vaccine helps your immune system produce antibodies that will keep you from getting sick if you're exposed to the virus.










WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK	THE VACCINES WILL SAVE LIVES	THE VACCINES ARE SAFE
 <p>COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.</p>	 <p>The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.</p>	 <p>Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.</p>

PROTECTING NORTHERNERS IS THE PRIORITY

COVID-19 immunizations began in Northern BC at the end of December 2020, and will become more widely available over the next few months. Northern Health strongly recommends that Northerners choose to get the vaccine to protect themselves, their loved ones, and their communities.

Even with the COVID-19 vaccines, we still need to follow all the orders and guidelines for public health and safety. This will help keep us all safe. For more information, visit www.northernhealth.ca.

<p>Can a COVID-19 vaccine make me sick with COVID-19?</p>  <p>NO. None of COVID-19 vaccines currently approved in Canada contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.</p>	<p>Can I still catch COVID-19 after I get the vaccine?</p>  <p>PERHAPS. After your first dose, it takes about two weeks for peak immunity to develop. For example, if you're exposed to COVID-19 on the day you're vaccinated, you might still get sick. As well, the COVID vaccines are 90-95% effective, which means that 5-10% of people could still catch COVID-19, even though they've been vaccinated.</p>	<p>Will the COVID-19 vaccine change my DNA?</p>  <p>NO. The mRNA vaccines definitely can't change a person's DNA. There are three reasons we know this can't happen; to learn more, visit Immunize BC's COVID-19 FAQs page at immunizebc.ca/covid-19-vaccine-frequently-asked-questions.</p>	<p>Do the COVID-19 vaccines have human and animal cells or blood products?</p>  <p>NO. Animal and human cell cultures may be used in the process of making some vaccines, but the vaccines themselves don't contain animal or human cells or tissue.</p>	<p>I've already had COVID-19; do I still need to get the vaccine?</p>  <p>YES, but we recommend waiting until 3 months after you recover. You'll have some natural immunity during this time (although you should still take precautions). By waiting, you'll free up vaccine for people who have no immunity.</p>
<p>The COVID-19 vaccine was developed so quickly – are we sure it's safe?</p>  <p>YES. It's much safer to get the vaccine than to get COVID-19. The vaccine was developed quickly, but no corners were cut, and all the correct processes were followed (as with any other vaccine) to ensure the vaccine is safe for all Canadians.</p>	<p>Can you still spread COVID-19 if you've been vaccinated?</p>  <p>YES. The vaccine will protect you from getting sick with COVID-19, but you can still carry it and give it to others even if you were immunized. We're learning more about this, but in the meantime, we need to keep wearing masks and practicing physical distancing.</p>	<p>I don't know when my second dose will be available; is it still worthwhile to get the first dose?</p>  <p>YES. Even if you only get the first dose, the vaccine is still about 90% effective after 2 weeks. In the short term, one dose of the vaccine protects as well as two. A second dose probably gives you longer-lasting protection. You shouldn't get your second dose sooner than 21-28 days after the first one, but waiting longer for your second dose won't reduce your protection.</p>	<p>Does the COVID-19 vaccine have side effects?</p>  <p>PERHAPS. They might include soreness, redness and swelling at the spot where you got the injection; tiredness, headache, fever, chills, muscle or joint soreness; and nausea and vomiting. These reactions are mild and usually last 1 to 2 days.</p> <p>About 1 in a million people can have a reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue, or lips.</p> <p>This is why we ask you to wait 15 minutes before leaving, after any vaccinations.</p>	

For more information, visit immunizebc.ca/covid-19-vaccine-frequently-asked-questions and <https://www.fnha.ca/about/news-and-events/news/what-you-need-to-know-about-the-covid-19-vaccine>

