

COVID-19 Vaccine



Vaccine Rollout Plan

Due to the limited supply of vaccines in Ontario most regions are not booking appointments at this time. On March 15th an online booking platform will open for adults 80 plus who wish to be vaccinated.

Phase 1: December 2020- March 2021 the high-risk population will be vaccinated. The immediate priority for phase one includes long-term care homes, high-risk retirement homes and First Nations elder care. Once the immediate priority is vaccinated, vaccine will be administered to adults aged 80 and over, caregivers, high priority health care workers, indigenous adults and adult recipients of chronic home care.

Phase 2: April 2021- July 2021 (depending on availability of vaccines). Mass delivery of vaccines. The vaccines will be delivered to adults beginning at the age of 79 and decreasing in 5-year decrements, essential workers, individuals with high risk chronic conditions, individuals who work in high risk setting, and those who face barriers in regard to determinants of health.

Phase 3: August 2021 and beyond. Steady state. Remaining Ontarians who wish to be vaccinated will receive the vaccine.¹

mRNA Vaccine and What Happens After Administration

The term 'mRNA' stands for messenger ribonucleic acid, which simply supplies cells with instructions on making proteins. Upon administration, the mRNA COVID-19 vaccine contains instructions on making the spike protein in the SARS-CoV-2 virus, which is found on the surface of the viral cell. Once our cells make the spike protein, the cell will destroy the instructions. Keep in mind, the mRNA will never enter the nucleus of the cell where our DNA is found. Our cell will then display the spike protein on its surface, triggering our body's immune response by recognizing that the spike protein does not belong on the cell surface.

The immune response will allow our body to make antibodies, preparing us to fight the virus if we contract it. The mRNA vaccine differs from the usual vaccines since it does not introduce a weakened or inactive COVID-19 virus. The AstraZeneca vaccine, however, is not an mRNA vaccine. It is a viral vector-based vaccine that uses an adenovirus. Think of the vector virus as a delivery system, where it delivers/produces a SARS-CoV-2 spike protein. The same immune response occurs as in the mRNA vaccine. The adenovirus is a harmless virus that can cause the common cold and it is not the COVID-19 virus.³



Is the Vaccine Safe?

"Yes, research to date indicates the vaccines for COVID-19 have a very good safety profile [...] All vaccines go through clinical trials to test safety and effectiveness. For the COVID-19 vaccine, the Food and Drug Administration (FDA) set up rigorous standards for vaccine developers to meet."²

6 MYTHS

about the COVID-19 Vaccine

 <p>MYTH COVID-19 vaccine alters DNA</p> <p>FACT mRNA doesn't enter a cell's nucleus and cannot change DNA</p>	 <p>MYTH It isn't safe because of quick rollout</p> <p>FACT Thorough safety standards and trials were met</p>	 <p>MYTH Food allergy, immunocompromised, breastfeeding or pregnant people can't get the vaccine</p> <p>FACT These people can get the vaccine</p>
 <p>MYTH I'll get COVID-19 from vaccine</p> <p>FACT The vaccine cannot give you the virus - it protects you</p>	 <p>MYTH I've had COVID-19 so I don't need the vaccine</p> <p>FACT Natural immunity length is unknown - vaccine fights reinfection</p>	 <p>MYTH No need for mask or social distancing after vaccine</p> <p>FACT You must still take precautions to help end the pandemic</p>



Vaccines Approved by Health Canada⁴

Vaccine	Approved Age	Administration Method	Effectiveness	Dosage	Date of Approval by Health Canada
Moderna	Approved for ages 18+	A 0.5 mL intramuscular injection (into the muscle of the arm)	94.1% effective 2 weeks (14 days) after second dose	2 doses needed for full effectiveness, one month apart	December 23, 2020
Pfizer-BioNTech	Approved for ages 16+	A 0.3 mL intramuscular injection	95% effective 1 week (7 days) after second dose	2 doses needed for full effectiveness, 21 days apart	December 9, 2020
AstraZeneca	Approved for ages 18+	A 0.5 mL intramuscular injection	64% effective in preventing symptomatic disease 2 weeks (14 days) after second dose.	2 doses needed for full effectiveness, 4-12 weeks apart	February 26, 2021

