

COVID-19 Vaccines Information

Which vaccines are available in Wellington-Dufferin-Guelph?

The Pfizer-BioNTech COVID-19 vaccine and Moderna COVID-19 vaccine are available in Wellington-Dufferin-Guelph.

Which vaccine will I receive?

The vaccine you receive will depend on the availability of the vaccine and your age. It is important that the two doses administered are with the same vaccine (i.e., if the first dose you receive is the Pfizer BioNTech COVID-19 vaccine, then the second dose should also be from the Pfizer BioNTech COVID-19 vaccine).

What you need to know about the Pfizer-BioNTech and Moderna COVID-19 vaccines:

The Pfizer-BioNTech COVID-19 vaccine is the first Health Canada approved vaccine authorized for use in Canada on December 9, 2020. The Moderna COVID-19 vaccine was authorized for use in Canada on December 23, 2020.

Who can get the vaccine?

- Pfizer-BioNTech COVID-19: Individuals ages 16 and older can get the vaccine.
- Moderna COVID-19: Individuals ages 18 and older can get the vaccine.

Can I get the vaccine if I already had COVID-19?

Yes, you can get either vaccine (Pfizer-BioNTech or Moderna) if you already had COVID-19 (i.e., tested positive for COVID-19 and are no longer in self-isolation).

Who should not get the vaccines?

The Pfizer-BioNTech and Moderna COVID-19 vaccines should not be given to individuals who:

- do not meet the age limit for the vaccine;
- are or could be pregnant;
- are breastfeeding;
- have a fever or are sick with COVID-19 symptoms;
- have an autoimmune disorder or a weakened immune system due to illness or treatment;
- have an allergy to an ingredient in the vaccine (including **polyethylene glycol**).

- For a full list of vaccine ingredients that you might be allergic to, please refer to Health Canada's [Pfizer-BioNTech COVID-19 vaccine: What you should know](#) and [Moderna COVID-19 vaccine: What you should know](#) webpages;
- have a history of anaphylaxis after getting the first dose of the COVID-19 vaccine or
- received another vaccine (not a COVID-19 vaccine) in the past 14 days.

The vaccines may not be recommended:

- In situations of suspected hypersensitivity or non-anaphylactic allergy to COVID-19 vaccine components, investigation is indicated which may lead to immunization in a controlled setting. Consultation with an allergist is advised.
- For individuals with a previous allergic reaction or breathing problems from the Pfizer-BioNTech and Moderna COVID-19 vaccines.
- For individuals who have experienced a serious allergic reaction, including anaphylaxis, to another vaccine, drug or food, should talk to their health care professional before receiving the vaccine.

Precautions:

- Patients who have a bleeding disorder or are on blood thinner medications.
- Avoid trying to get pregnant for at least one month after getting both doses of the vaccine.

How many doses of the vaccine do I need?

- [Pfizer-BioNTech COVID-19](#): 2 doses are needed 21 days apart.
- [Moderna COVID-19](#): 2 doses are needed 28 days apart.

How is the vaccine given?

The vaccine is administered into your upper arm muscle (deltoid muscle).

Are there any side effects from the vaccines?

Like other medicines and vaccines, the Pfizer-BioNTech and Moderna COVID-19 vaccines can cause mild or moderate side effects that are resolved within a few days after vaccination. Please monitor for these possible side effects after receiving the vaccine:

- Pain where needle was given, redness and swelling
- Tiredness
- Headache
- Muscle pain or joint pain
- Chills
- Fever
- Swollen glands
- Diarrhea
- Nausea or vomiting

If you develop any serious side effects (not listed above), please contact your health care provider.

What if I have an allergic reaction from the vaccine?

Like other medicines and vaccines, allergic reactions are rare but can occur after receiving a vaccine. Symptoms of an allergic reaction include hives, swelling of your face, tongue or throat, or difficulty breathing. If you are worried about the reactions you experience after receiving the vaccine, please contact your health care provider.

Can you get COVID-19 from the vaccine?

No, you cannot get COVID-19 from the vaccine.

What you need to do after your vaccine:

- If this is your first dose, confirm your scheduled second dose when you are receiving your record/receipt of immunization.
- Continue to follow public health measures (e.g., wearing a face mask, physical distancing, and washing hands often) even after both doses have been administered.

More information

For more information, talk to your health care provider, or visit our website at wdgpublichealth.ca/covid19-vaccine.

References

For the “What you need to know about the Pfizer-BioNTech and Moderna COVID-19 vaccines” section, the following documents were referenced and, in some cases, directly copied to ensure meaning was not altered:

1. Ontario. Ministry of Health. COVID-19 What you need to know before your COVID-19 vaccine appointment. Toronto, ON: Queen’s Printer for Ontario; December 30, 2020.
2. Toronto Public Health. COVID-19 Vaccines Fact Sheet. [Internet]. December 24, 2020 [cited 2021 Jan 4]. Available from: https://www.toronto.ca/wp-content/uploads/2020/12/9257-COVID19_Vaccine-Fact-Sheet_11Dec2020.pdf
3. National Advisory Committee on Immunization (NACI). Recommendations on the use of COVID-19 vaccines. [Internet]. December 23, 2020 [cited 2021 Jan 6]. Available from: <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines.html>