Public Health Sudbury & Districts

Quick Reference Tool:
COVID-19 Vaccine Minimal Contact Intervention

Use the 4A model at every visit

ASK

- Ask and document COVID-19 vaccine status for every client.
- "Have you received your COVID-19 vaccine?"
- "Have you received your second dose, or third if eligible?"

ADVISE

- Advise and encourage each client to get fully vaccinated.
- "Getting the COVID vaccine helps protect you and the community."
- "Being fully vaccinated gives better and longer protection against COVID-19, and provides better protection against severe symptoms and hospitalization."
- "As an individual who is moderately to severely immunocompromised you may be eligible for a third dose of the COVID-19 vaccine."
- A complete two-dose COVID-19 vaccine series provides strong protection against COVID-19 infection and severe outcomes, including against the Delta variant of concern, in the general population.
- "Certain members of the general population can be offered a booster dose of the COVID-19 vaccine" COVID-19 Third Dose Recommendations (Government of Ontario, pdf)
- Children 5 to 11 years old are recommended to receive two doses of the pediatric Pfizer-BioNTech Comirnaty vaccine, 8 weeks apart for optimal, long-lasting protection.

ASSESS

- Assess the client's readiness to get vaccinated using motivational interviewing.
- "What do you know about COVID-19 vaccines?"

ASSIST

- Help the client to make an informed choice about vaccination and how to get their vaccine.
- "Here's information on where to get the vaccine and what to expect."

Safety and importance of the COVID-19 vaccine

- All of the approved COVID-19 vaccines have passed quality and safety standards.
- All vaccines provide strong protection against COVID-19 and the variants.
- Individuals must complete the vaccine series with two doses to be best protected from COVID-19 including the Delta variant that is more transmissible and has higher rates of hospitalization, ICU admission and death.
- All mRNA COVID-19 vaccines are interchangeable. Either option for your second and/or third dose are safe, provides strong protection against COVID-19, and will complete your COVID-19 vaccine series.
- A third dose is recommended for select populations (Government of Ontario, pdf).

Vaccination opportunities

- Anyone born in 2016 or earlier can book a vaccine appointment online or by phone.
- The Pfizer-BioNTech Comirnaty vaccine has been approved by Health Canada for children aged five to eleven.
- Individuals can attend a walk-in, pop-up clinic, or hop on the mobile vaccine bus.
- For up-to-date information and clinic locations, visit our vaccination clinics for COVID-19 page.
- For an appointment through local pharmacies visit COVID-19 pharmacy vaccine locations (ontario.ca).

Green Ontario photo health card (expired cards accepted)	Red and white health card or no health card
▪ How to book a COVID-19 vaccine appointment (ontario.ca) ▪ Call the provincial booking line: 1.888.999.6488 ▪ Offers translation in 300 languages.	▪ Call Public Health Sudbury & Districts at 705.674.2299 (toll-free: 1.800.708.2505), between 8 a.m. and 6:00 p.m., Monday to Friday.

COVID-19 vaccine – Frequently Asked Questions

How do the COVID-19 mRNA vaccines work?

- Messenger ribonucleic acid (mRNA) tells your cells to make a protein found on the surface of the COVID-19 virus, called the spike protein.
- Once vaccinated, your cells will make proteins that are recognized by your immune system as foreign, and your system starts to create antibodies to clear your body of this foreign material. The spike protein on the virus is then destroyed. If you come in contact with the COVID-19 virus in the future, your immune system will attack the virus and protect you from getting sick with COVID-19.
- mRNA vaccines cannot damage or change your DNA.
- The COVID-19 mRNA vaccines do not contain the live virus and cannot give you COVID-19.
- The COVID-19 vaccines are the first time that mRNA knowledge will be used widely in vaccines. mRNA has been studied by researchers for many years.

Were the vaccines rushed?

- Creating a new vaccine can sometimes take years. The progress on COVID-19 vaccines happened more quickly for many reasons, including:
  - advances in science and technology
  - international collaboration among scientists, health professionals, researchers, industry, and governments
  - increased dedicated funding
- No corners were cut while creating the vaccines. One minor change to the usual process was put in place: clinical trials were run at the same time as the vaccines were being made/manufactured; that way, vaccines could be shipped out to different countries as soon as vaccines were approved by the different countries' health authorities.

What are the expected side effects? What about possible long-term effects?

Like any medication, vaccines can cause mild side effects and reactions that can last a few hours or a couple of days after vaccination. They are also a positive sign that the vaccine is beginning to work, and your body is developing a good immune response. Common side effects may include:

- redness, soreness or swelling on the arm where you got the needle
- tiredness
- headache
- muscle and joint pain
- chills, mild fever

Long-term side effects

It is more common for vaccines to have side effects that happen right away rather than many months or years later. As part of the vaccine safety program in Canada, ongoing, careful monitoring of the COVID-19 vaccines will continue. There is also a longer-term follow-up of those who were vaccinated as part of the clinical trials. Health Canada posts weekly reports on vaccine safety.

A small number of cases of myocarditis and pericarditis were identified in Ontario, however these cases have typically been mild. Myocarditis is an inflammation of the heart muscle and pericarditis is inflammation of the lining around the heart.

Is interchanging (mixing vaccines) safe and effective?

Yes. The National Advisory Committee on Immunization (Government of Canada) has confirmed that a mixed vaccine schedule for the mRNA COVID-19 vaccines Pfizer-BioNTech Comirnaty or Moderna Spikevax) are both safe, effective and considered interchangeable.

Interchangeable means if you received Pfizer-BioNTech Comirnaty for your first dose, you can receive Moderna Spikevax for your second dose and vice versa. Either option for your second dose is safe, provides strong protection against COVID-19, and will complete your COVID-19 vaccine series. The mRNA vaccines Pfizer-BioNTech Comirnaty or Moderna Spikevax) have the same mechanism of action, are highly effective and result in the antibodies your body needs to fight COVID-19.

Who is eligible for a third dose of the COVID-19 vaccine?

A third dose of the mRNA COVID-19 vaccine to complete a primary vaccine series is needed to provide immunity for select populations, for example, those who are moderately to severely immunocompromised. A third dose to boost immune response (booster dose of the mRNA COVID-19 vaccine) is recommended for certain individuals in the general population. A complete list of individuals eligible for a third dose can be found on our Vaccination clinics for COVID-19 page.

Should you get the vaccine if you have had COVID-19?

If you have had COVID-19, you can still get the vaccine. It will help protect you from getting new COVID-19 infections. If you are recovering from COVID-19, you should wait to get the vaccine until you don't have any symptoms and are no longer in self-isolation.

Should I get the vaccine if I am pregnant?

The National Advisory Committee on Immunizations (NACI) advises that pregnant individuals receive a full COVID-19 vaccine series (preferably with a mRNA vaccine). The Government of Ontario recommends that all pregnant individuals get vaccinated as soon as possible at any stage in pregnancy.

Can people who breastfeed get the vaccine?

Breastfeeding individuals can choose to receive the COVID-19 vaccine. The breastfeeding individual should be aware that based on available data, the mRNA from vaccines do not transfer into breast milk. In addition to this, recent research has shown that the antibodies produced by the breastfeeding person have been shown to transfer through the milk and provide protection to the infant. For more details, please refer to the Ministry of Health's COVID-19 Vaccination Recommendations for Special Populations (PDF, Government of Ontario) and COVID-19 Vaccination: Special Populations Vaccination in Pregnancy and Breastfeeding Decision-Making Support Tool (PDF, Government of Ontario).

What are the recommendations for youth born in 2009 or earlier?

Youth born in 2009 or earlier are eligible to receive a COVID-19 vaccine. In order to develop a good immune response, it takes about 2 weeks for your body to develop antibodies needed to protect you against COVID-19. Once youth receive their first dose, they will need to wait 21 days prior to receiving their second dose. It is recommended to have 2 doses of the COVID-19 vaccine to have a strong protection against COVID-19 prior to returning to school.

Can children aged 5 to 11 years get the COVID-19 vaccine?

Yes. On November 19, 2021 Health Canada approved the pediatric formulation of the Pfizer-BioNTech Comirnaty. On the same-day the National Advisory Committee on Immunization (NACI) provided their recommendations (PDF),that children aged 5 to 11 should received two doses of the pediatric dose at an 8 week interval for robust protection against COVID-19.

Can I require my employees to get vaccinated against COVID-19?

Currently there is no legislation allowing businesses to mandate COVID-19 vaccination. However, businesses can encourage employees to receive vaccination against COVID-19. Public Health Sudbury & Districts has created a digital vaccine toolkit for local businesses. This toolkit is designed to serve as a resource for local businesses as you navigate encouraging vaccination in the workplace. In the digital vaccine toolkit you will find videos, posters, fact sheets, policy templates, and more. The toolkit is also available on Public Health Sudbury & Districts' website at www.phsd.ca.

More frequently asked questions can be found on our FAQ web page. For clinic information and locations, visit our vaccination clinics for COVID-19 page.

For more information on vaccines including printable resources for clients visit: the COVID-19 vaccine resources page.

For additional messaging consult: A Conversation Guide to Build Vaccine Confidence in Our Communities.