

# Just the facts on the COVID-19 vaccine

## How safe are the vaccines for COVID-19?

Health Canada has approved some vaccines to help fight COVID-19. These vaccines have met strict standards and are both safe and effective. Vaccines approved by Health Canada go through an in-depth and independent review.

## How effective are the vaccines?

Each of the approved vaccines are very effective against COVID-19. The COVID-19 vaccine provides strong protection against the virus and variants of concern.

## Can I get COVID-19 from the vaccine?

None of the vaccines can make you sick with COVID-19 as they do not contain the COVID-19 virus.

## How do the vaccines work?

The vaccine will train your body to recognize the virus that causes COVID-19. Your body will then be better able to fight the virus in the future if you are exposed to it.

## How will the vaccine help me?

The vaccine will prevent you from getting sick from COVID-19, or if you do get infected, you will have milder symptoms.

## Why is it important to prevent COVID-19?

- For some people who get infected, symptoms of COVID-19 can last for months (leaving long term effects).
- The virus can damage the heart, brain, lungs and increase the risk of long-term health problems.
- Even people who are young and healthy can feel unwell for weeks to months after the COVID-19 infection.
- COVID-19 can be a serious illness and even cause death.
- There is a greater risk of serious illness and death among older adults and people living in difficult conditions (e.g. congregate living settings).

## Why should I keep following public health measures after the vaccine?

Everyone will need to practise public health measures until most people get immunized. This is because even with the vaccine, you may still be able to spread the virus to others.

## Where can I get more information?

Visit our website at [phsd.ca](https://phsd.ca) for more on the COVID-19 vaccine. Or call us at 705.522.9200 (toll-free 1.866.522.9200). You can also ask your health care provider or a community health worker.

