

What are the side effects of the COVID-19 vaccine?

VERY COMMON: Most people will have some of these side effects:

- Sore arm
- Feeling tired
- Mild headache
- Mild body aches or sore joints
- Mild fever and chills
- Mild nausea and vomiting

UNCOMMON:

- Swollen, tender lymph nodes in armpit
- Stay near your immunizer for 15 minutes after your immunization, in case you have a rare, severe allergic reaction.

Managing COVID-19 Side Effects

- To reduce soreness and swelling, put a cool, wet cloth on the sore arm
- If needed, you can take medication for pain or fever

Call 403-734-5616 to talk to a nurse if you develop:

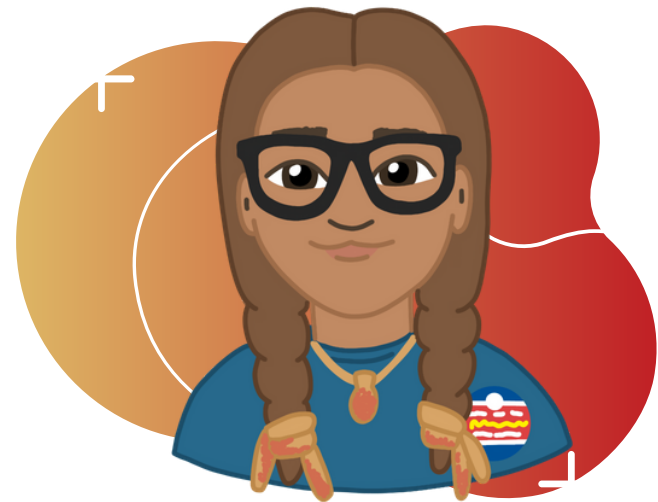
- A severe reaction that lasts more than 3 days, or
- A high fever (over 39C), or
- Any other unusual reaction

After the vaccine, keep yourself and your community safe:

wash your hands, practice physical distancing, wear a mask, and stay home if you are sick.



COVID-19 IMMUNIZATION Information



Oki! Thank you for protecting our community!

For more information:

Visit our website | www.siksikahealth.com/covid-19-home

Call the COVID-19 Call Line | 403-734-5706

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Who should get the COVID-19 vaccine?

The COVID-19 vaccine is free. Everyone who is eligible is offered the vaccine.

- The Moderna vaccine (mRNA) is recommended to all people aged 18 years and older.
- The Pfizer vaccine (mRNA) is recommended to all people aged 12 years of age and older.

It is strongly recommended that people with chronic conditions have 2 doses of these vaccines as soon as possible.

People who have these health conditions should have two doses of vaccine:

- Are pregnant or breastfeeding
- Have a disease that weakens your immune system such as lupus, MS, Crohn's disease and others
- Take medications that weaken your immune system such as steroids, cancer treatments, medications for rheumatoid arthritis, and others

I got the COVID-19 Vaccine
AKI'MOI'TSIK (to protect one another)



How does the COVID-19 vaccine work?

You need two doses 4 weeks apart. The first dose provides good protection (about 80%). The best and most long lasting protection occurs after you have had 2 doses (about 95%).

It is very important to get the second dose as soon as vaccine supplies are available. It takes about 14 days after the second dose for your body to produce the best protection.

Who should NOT get the COVID-19 vaccine?

You should not have the vaccine if you:

- Have an allergy to parts of these COVID-19 vaccines (allergies to medications such as laxatives or skin creams)
- Had a severe allergic reaction after a previous dose of this vaccine

You should not have the vaccine right now, if you:

- Have had another immunization within the past 2 weeks
- Have symptoms of COVID-19 disease, or
- Been in close contact with another person with COVID-19 disease, or
- If you have been told to isolate at home. When your symptoms have resolved or your isolation is over, then make an appointment to have the immunization.