

Vaccination is the best protection against COVID-19 and its complications, in addition to other measures such as physical distancing, wearing a mask and handwashing.

Meegwetch for doing your part to protect yourself, your family and our Cree Nation by getting the COVID-19 vaccine.

THE VACCINE

- The Moderna COVID-19 vaccine is recommended for most people age 18 and over.
- The vaccine **requires two doses**. Shots are by injection in the muscle of the arm.

POSSIBLE REACTIONS TO THE VACCINE

- After receiving your shot, stay at the vaccination clinic for at least 15 minutes.
- Some symptoms may be caused by the vaccine, such as pain at the injection site in your arm. See page 2 for a list of possible reactions and what to do.
- These side effects mean your body's immune system is **learning how to protect you** from COVID-19.
- Most reactions are harmless and last less than 48 hours. Most people have stronger reactions to the second dose than they did to the first dose, although some have no reaction at all. Reactions can be reduced by taking Tylenol™ (acetaminophen).
- Vaccines can not cause COVID-19 because they do not contain the virus that causes COVID-19.

SAFE AND EFFECTIVE

- The COVID-19 vaccine is **approved by Health Canada and is safe**. It has met all the requirements for approval.
- The vaccine has about a 95% success rate in protecting people from severe forms of the COVID-19 disease and serious consequences like hospitalization. It is an important layer of protection, along with other precautionary measures.
- Solution Experts are closely monitoring any adverse reactions that could occur following vaccination to ensure the public receives a safe, effective vaccine.







REACTIONS ARE MORE COMMON AFTER THE 2ND DOSE, AND MOST PEOPLE WILL HAVE A STRONGER REACTION TO THE 2ND DOSE THAN THE 1ST.

FREQUENCY	POSSIBLE REACTIONS	WHAT TO DO
IN MOST CASES (more than 50% of people)	 Pain at the injection site Headache Fatigue 	 Apply a cold, damp compress at the injection site Use medication like Tylenol[™] (ace- taminophen) or Advil[™] (ibuprofen) if needed for fever or discomfort See a doctor if symptoms are severe
VERY OFTEN (less than 50% of people)	FeverShiveringJoint painMuscle soreness	 Use medication like Tylenol[™] (ace-taminophen) or Advil[™] (ibuprofen) if needed for fever or discomfort See a doctor if symptoms are severe
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OFTEN (less than 10% of people)	 Redness, swelling at the injection site Diarrhea Vomiting 	 Apply a cold, damp compress at the injection site Use medication like Tylenol[™] (acetaminophen) or Advil[™] (ibuprofen) if needed for fever or discomfort See a doctor if symptoms are severe



We recommend you **stay at the clinic for at least 15 minutes after vaccination** because, in rare cases, allergic reactions may occur.

If an allergic reaction occurs, the symptoms will appear a few minutes after the vaccination. The person giving the vaccine will be able to treat this reaction immediately.

If you have any questions, speak to the person who is giving you the vaccine. If you have any symptoms (fever, cough, trouble breathing, loss of smell etc) call your CMC.





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