

**Over a million people worldwide have now had vaccines and there have been very few serious side effects.**



***“I am happy I took the vaccine. I want all my people to be vaccinated.”***

Annabella Metatawabin, 86 years old, and is the first long-term care patient from Peawanuck First Nation to get vaccinated.

Photo and quote courtesy of:  
[www.waha.ca/covid-19/vaccine](http://www.waha.ca/covid-19/vaccine)



## After Vaccination

### Side effects

Most people have no side effects at all. Like other vaccines the COVID-19 vaccine can cause mild side effects such as: Pain, redness or swelling where the needle was given, mild fever, tiredness, and muscle or joint aches. These mild side effects go away on their own without treatment.

Until everyone is vaccinated, public health measures will continue to be necessary to minimize the spread of COVID-19 in Canada and save lives.

These recommendations include:

- Wash your hands,
- Stay home when sick,
- Maintain physical distancing,
- Wear a face mask as appropriate, and
- Keep using good cough and surface hygiene.



Together,  
**Let's stop  
COVID-19  
one arm at  
a time!**

**Get vaccinated to protect  
yourself, your loved ones,  
and your community.**

Talk to a health care provider in your community if you have questions about the vaccine.



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## Vaccine Safety

**Q: I know these vaccines were developed quickly and that concerns me – were shortcuts taken?**

No. Because it is a health emergency and because doctors and scientists worked together all over the world, the vaccines took less time to develop.

Tens of thousands of people volunteered to be in the studies for the vaccine. Health Canada reviewed and approved the vaccines according to high standards and no shortcuts were taken.

The vaccines that have been approved are very effective at preventing people from catching COVID-19 and getting sick. Vaccines for other infections like meningitis and polio have prevented millions of people from getting these diseases and have saved lives.



*Mardeen Hill, Iroquois Lodge, Six Nations of the Grand River, receiving the COVID-19 vaccine.*

## Getting the Vaccine

Vaccines work by training your immune system to recognize a virus and stop it from making you sick. After you get the vaccine, if you are exposed to the virus, your body is ready to respond more quickly than if you hadn't had the vaccine.

 Pfizer and Moderna, both require two doses 3-4 weeks apart.

## Misinformation and Facts



**MISINFORMATION:** The vaccine is being tested on Indigenous Peoples.



**FACT:** No, the vaccine is not being tested on Indigenous Peoples. Large studies have already been done with the approved vaccines in Canada, in tens of thousands of people.

Indigenous persons are a priority because they are more likely than other Canadians to have health problems and are at risk of being very sick with COVID-19.



**MISINFORMATION:** People have had serious allergic reactions to the COVID-19 vaccine.



**FACT:** No. This has happened very rarely. It is important to talk to your nurse or doctor if you have ever had serious allergic reactions.



**MISINFORMATION:** I can get COVID-19 from the vaccine.



**FACT:** No. You cannot get COVID-19 infection from the vaccine. The vaccines do not contain whole live viruses so they cannot cause the infection.