

Ćećawət leləm - Helping House COVID-19 Pandemic Information



COVID-19 Vaccination Toolkit

16 February 2021

This toolkit will provide you with all the information you need to make an informed choice and explains how you can book your appointment.

Should you have any questions about the vaccine and your choice, please call your doctor or nurse practitioner, the Virtual Doctor of the Day, 811, or Sibylle at the Helping House at 604-353-5314.

Table of Contents

Your Immunization Decision - Community Immunity	3
Booking your Vaccine Appointment.....	3
TWN COVID-19 Vaccinations at a Glance	4
Who Should get the COVID-19 vaccine?	6
Who should not get the COVID-19 vaccine?	7
What is Herd Immunity or Community Immunity	8
Frequently Asked Questions	9
Vaccination Information Handouts	13

Your Immunization Decision - Community Immunity

Immunization against the COVID-19 virus appears to be the only way out of this pandemic and the restrictions imposed on us.

The decision to get the COVID-19 vaccine is an important one for everyone, but especially so for Indigenous People. Due to past and ongoing disparities in health and socioeconomic factors linked to the history of colonialism, Indigenous People are at higher risk of severe illness and death from COVID-19. The vaccine can protect us from this disease.

Vaccination is a personal decision, but also a decision that affects your community and the people you live with. COVID-19 presents a grave threat to our health and wellbeing. Like with other vaccines, the COVID-19 vaccine protects you, but more importantly, also the people around you. The more people that are vaccinated, the harder it is for COVID-19 to spread. We hope that you consider your immunization decision wisely and **join the Tsleil-Waututh Nation Community Immunity campaign.**








This toolkit will provide you with all the information you need to make an informed choice and explains how you can book your appointment. **Should you have any questions about the vaccine and your choice, please call your primary care provider, the Virtual Doctor of the Day, 811, or Sibylle at the Helping House at 604-353-5314.**

Booking your Vaccine Appointment

Please call **Krista at 604-679-0782** to get added to the registration list. It is helpful if you have your Medical Service Card (Care Card) available for the phone call, but don't worry if you can't find it.

Once we know when the vaccine arrives, you will receive a phone call to book your appointment.

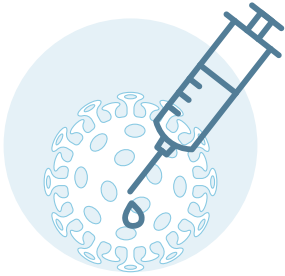
TWN COVID-19 Vaccinations at a Glance

	Timeframe <ul style="list-style-type: none"> • No date yet • Expected any time before the end of March • Likely short notice
	Preregistration <ul style="list-style-type: none"> • Call Krista at the Helping House at 604-679-0782 (even if you are still unsure if you would like the vaccine)
	Vaccine Information <ul style="list-style-type: none"> • Inform yourself • Learn about the vaccines in this toolkit
	Contraindication <ul style="list-style-type: none"> • There is only one absolute contraindication to the current COVID-19 vaccines: A history of an anaphylactic reaction (life threatening allergy) to a previous dose of the vaccine or to any component of the vaccine (i.e. PEG).
	Contact Health Care Provider or Sibylle at the Helping House at 604-353-5314 if you: <ul style="list-style-type: none"> • Are immune-compromised from current treatment/illness • Have an autoimmune disease • Are pregnant or breastfeeding <p>(The vaccine is very likely recommended for you. See pages 6-7- for more information).</p>
	Questions <p>Call your health care provider or Sibylle at the Helping House at 604-353-5314 if you have any questions about getting vaccinated with the COVID-19 vaccine</p>
	Booking Your Vaccine Appointment <ul style="list-style-type: none"> • Book with Krista at 604-679-0782



First Nations Health Authority
Health through wellness

The facts about COVID-19 Vaccines



What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

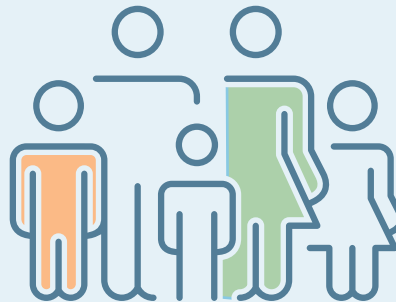
WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK



COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECTING FIRST NATIONS PEOPLE IS A PRIORITY

December



COVID-19 vaccines began rolling out to First Nations in BC at the end of December, 2020, and will be made more widely available over the next few months. The FNHA's Medical Officers strongly recommend that First Nations people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures.

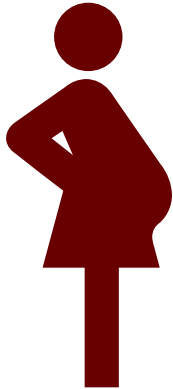
**STAY STRONG,
STAY THE COURSE.**

For more information, visit
www.fnha.ca

Who Should get the COVID-19 vaccine?

Most people 18 years and older can safely be vaccinated with the current mRNA COVID-19 vaccines.

Should I get the vaccine if I am pregnant, planning pregnancy, or breastfeed?



Yes. The COVID-19 vaccine is considered safe and effective. Canada's experts on this subject, The Society of Obstetricians and Gynecologists of Canada and the National Advisory Committee on Immunization, have found that the risks of getting sick with COVID-19 during pregnancy can be greater than the potential side effects of getting the vaccine during pregnancy or while

breastfeeding. Talk to your health care provider for more information.

Should I get the vaccine if I have underlying medical conditions?

Adults of any age with certain underlying medical conditions actually are at increased risk for severe illness from the virus that causes COVID-19. The mRNA COVID-19 vaccines is recommended for most people with underlying medical conditions (i.e. heart disease or diabetes). If in doubt, please talk to a health care professional.

Should I get the vaccine if I have a weakened immune system through disease (for example current cancer) or treatment?

People who have cancer or taking treatment that effects the immune system are at a higher risk for severe disease or death from COVID-19 infection. Therefore, experts are recommending that most patients with cancer or a history of cancer should get a COVID-19 vaccine.

Because the situation for every person is different, it is best to discuss the risks and benefits of getting the COVID-19 vaccine with your doctor, who can advise you.

Should I get the vaccine if I have an autoimmune disease?

Autoimmune disease happens when the body's natural defense system can't tell the difference between your own cells and foreign cells, causing the body to mistakenly attack normal cells. Examples of autoimmune disease are Rheumatoid Arthritis, Psoriasis, Lupus and MS.

People with autoimmune conditions may receive an mRNA COVID-19 vaccine. However, they should be aware that no data are currently available on the safety of mRNA COVID-19 vaccines for them. Because the situation for every person is different, it is best to discuss the risks and benefits of getting the COVID-19 vaccine with your doctor, who can advise you.

Who should not get the COVID-19 vaccine?

There is only one reason why you cannot not get the COVID-19 vaccine (contraindication):



A life-threatening reaction (anaphylaxis)

- **to a previous dose of the COVID-19 vaccine or**
- **to any other part* of the vaccine**

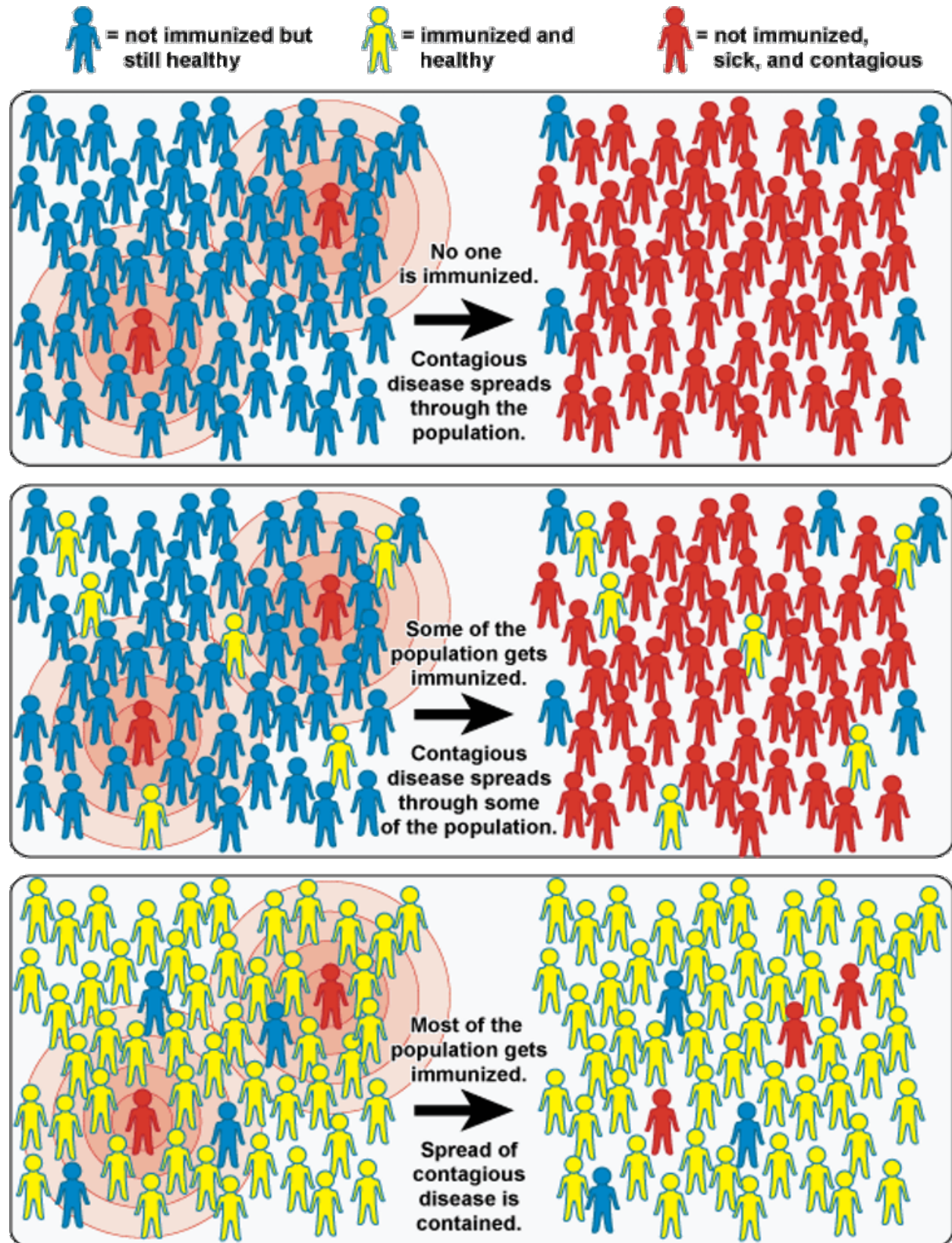
*One part of the COVID-19 vaccine is **polyethylene glycol (PEG)**. PEG can be found in some cosmetics, skin care products, laxatives, cough syrups, and bowel preparation products for colonoscopy. PEG can be an additive in some processed foods and drinks but no cases of anaphylaxis to PEG in foods and drinks have been reported.

Can I get the COVID-19 vaccine if I have allergies or had a reaction to a vaccine in the past?

Yes, most people with allergies or those who had an adverse event following immunization will be able to receive the COVID-19 vaccine.

It is still important to tell your immunization provider if you have had a serious reaction or anaphylaxis in the past.

What is Herd Immunity or Community Immunity



Community Immunity

Herd immunity occurs when a large portion of a community (the herd) becomes immune to a disease, making the spread of disease from person to person unlikely. As a result, the whole community becomes protected — not just those who are immune.

In order to reach community immunity a certain percentage of the population needs to be immune, either through getting sick, or through vaccination. Reaching herd immunity against COVID-19 the hard way - by getting sick – risks a lot of lives and is not practical because it will take a long time. Reaching herd immunity through vaccination is also not easy. Before the new COVID-19 mutations, scientists believed that 70% of the population need to be vaccinated to achieve herd immunity. However, because of the more infectious and faster spreading new strains, that number now is thought to be at 80%.

Frequently Asked Questions

Can you still carry and spread the virus if you've been vaccinated?

Likely. We do know that the vaccine will protect people from getting sick from the virus, but it's possible that you could still carry the virus and be contagious to others even though you got your immunization. We will learn more as the clinical trials will continue for another 2 years, and so in the meantime, we need to continue wearing our masks and practicing physical distancing.

Will the vaccine still work if the virus mutates?

At this time, the virus has mutated a bit, but these small changes are not affecting how well the vaccine works. However, we are watching this closely and the vaccines can be updated if needed.

Should I wait to get my COVID-19 vaccine?

It's up to you whether you want a COVID-19 vaccine. Feeling worried or hesitant is completely normal when something is new, however, like other vaccines and medications that we take routinely, the COVID-19 vaccines have passed a thorough approval process to ensure their safety. This rigorous process is used before any vaccines are approved for use in Canada. For more information on vaccine development and safety, the best sources are: [Health Canada](#) and the [BCCDC](#).

What is the timing between the first and the second dose of the COVID-19 vaccine? Can I get my 2nd dose earlier? Does the COVID-19 vaccine still work if there is a longer time between doses?

The time between the two doses of COVID-19 mRNA vaccines recommended by the manufacturer is 21 or 28 days. You should not get a second dose sooner than that. **Currently in BC the accepted time between doses is 21 to 42 days.** This allows more people to receive their first dose, increasing the benefit of limited vaccine supplies.

There is good evidence that in the short term, one dose of the vaccine provides very high protection that lasts for weeks. A second dose ensures stronger and longer lasting protection. In general, extending the time between first and second doses does not reduce vaccine protection over the long term and for most vaccines, a slightly longer interval is better.

Has the development of the COVID-19 vaccine been rushed?

The development of the COVID-19 vaccine has been expedited (sped up) but no corners have been cut and all regulatory or approval processes have been followed to ensure the safety and efficacy of the vaccine for all Canadians.

How effective are the COVID-19 vaccines? How long does it take to get full protection?

Protection, beginning 14 days after one dose of either vaccine, is greater than 90 percent. After receiving two doses, both vaccines are about 95 percent effective in preventing COVID-19.

How long does the immunity to COVID-19 last after getting the vaccine?

We don't currently know how long immunity from the COVID-19 vaccines lasts, but the research is ongoing. COVID-19 vaccine trial participants continue to be monitored so we will learn more. However, we do know that right now we can safely reduce the risks of COVID-19 disease by getting vaccinated.

Will kids be getting the vaccine?

The current COVID-19 vaccines are not yet licensed for children. Before COVID-19 vaccines become approved for younger teens and children, clinical trials need to be completed. This is to ensure they are safe and effective for these age groups. Children are not little adults; we can't just assume a vaccine will have the same effect on a child as it does for someone older.

If I react to flu shots, would you also have reactions to the vaccine?

Very unlikely. The immunizer will ask you a few questions about your reaction to assess your specifics. Better yet, talk to a health care provider before your immunization appointment.

Once I'm vaccinated, do I still have to worry about public health measures like wearing a mask and social distancing?

Everyone who receives the vaccine will still need to follow public health guidance and follow orders from the Provincial Health Officer. After you get a vaccine, it will still be extremely important to continue to practice all the preventive measures that have been recommended, including washing your hands, maintaining a safe physical distance, wearing a mask, and staying home when sick. There are several reasons this is important:

- It takes about 2 weeks for your body to gain protection from the COVID-19 vaccine. This means that if you contracted COVID-19 before getting the vaccine, or 2 weeks following the vaccine, you may still get sick from COVID-19. So, if you experience symptoms of COVID-19 after you've been vaccinated, use the [BC self-assessment tool](#) to determine if you need to be tested.
- The vaccine won't stop everyone from getting COVID-19. For those who do get the virus, it is less likely you will experience severe illness.
- The vaccine is 95% effective, but you could be in the 5% that don't have immunity. You can still spread COVID-19 if you touch things and don't wash your hands or interact with people in close proximity.

As things change, public health measures will be updated and adjusted. It is important to keep following public health recommendations.

Vaccines are our hope for a way out of the pandemic restrictions, but it is too early to let our guard down.

Will there be enough vaccine for local off-reserve members to get it or just for on reserve?

TWN leadership and the Health Department are advocating for enough vaccine to vaccinate all Tsleil-Waututh people who wish to get vaccinated. However, our first shipment may not include enough doses for everyone. If you are living off reserve, we do encourage you to register for the vaccination with TWN.

Can staff register for the TWN vaccination clinic as well, or is registration strictly for community members?

Staff is encouraged to register and we are hoping to receive enough vaccine to offer it to anyone who wants it. However, our first shipment may not include enough doses for everyone.

Will it be mandatory for TWN staff to get the vaccine to be able to work in the offices?

It is highly recommended that all community members and all staff get vaccinated when they are offered the vaccine. However, vaccinations are a personal choice and are at this point not mandatory.

I read the FAQ's and Healthfiles and would like to get vaccinated. How do I know when the vaccine arrives at TWN.

Please call Krista at 604-679-0782 to register. Once we know when the vaccine arrives, clinic days will be posted on social media, email alerts, and print deliveries.

Vaccination Information Handouts

The following pages include official health files from BC CDC and FNHA about the COVID-19 vaccines.

COVID-19 mRNA Vaccines

Immunization has saved more lives in Canada in the last 50 years than any other health measure.

What are COVID-19 mRNA vaccines?

COVID-19 mRNA vaccines protect against infection from the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that causes COVID-19. The vaccines cause your body to produce antibodies that will help protect you from getting sick if exposed to the virus. The vaccines are approved by Health Canada.

Who should get the vaccines?

Due to limited supplies, the vaccines are initially only being provided to those who are at increased risk of exposure to the virus, and those most at risk of serious complications due to age or certain underlying health conditions. As more vaccine becomes available, others will be able to get the vaccine based on their relative risk of exposure and serious complications. Information on COVID-19 vaccine eligibility can be found on the BCCDC website: www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/eligibility

If you had, or may have had, COVID-19 you should still get the vaccine. This is because you may not be immune to the virus that causes COVID-19 and could get infected and sick again.

How are the vaccines given?

The vaccines are given by injection as a series of 2 doses. It is important to get both doses of the vaccine for full protection. Speak with your immunization provider about when you should get your second dose.

It is important to keep a record of all immunizations received. Be sure to bring your immunization record with you when returning for your second dose.

What should I do after I get the vaccine?

After you get the vaccine, continue to follow public health recommendations, such as:

- Wash your hands or use hand sanitizer
- Physical distance

- Wear a mask where required

You should not receive any other vaccines until 28 days after you received the second dose of the COVID-19 mRNA vaccine.

What are the benefits of the vaccines?

The vaccines are the best way to protect you against COVID-19, which is a serious and sometimes fatal disease. In clinical trials, those who received a vaccine were about 95% less likely to become sick with COVID-19. When you get immunized, you help protect others as well, including those who are unable to get the vaccine.

What are the possible reactions after the vaccines?

Vaccines are very safe. It is much safer to get the vaccine than to get COVID-19. The mRNA vaccines are not live virus vaccines and cannot give you COVID-19. Common reactions to the vaccines may include soreness, redness and swelling where the vaccine was given. Other reactions may include tiredness, headache, fever, chills, muscle or joint soreness, nausea and vomiting. These reactions are mild and generally last 1 to 2 days. If you have concerns about any symptoms you develop after receiving the vaccine, speak with your health-care provider or call **8-1-1** for advice.

Serious side effects of the vaccines were not seen in the clinical trials. The people who received the vaccines in the clinical trials continue to be monitored for any long-term side effects. A number of processes are in place in Canada to monitor the safety of the vaccines as more people get immunized.

Acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®) can be taken for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

For information on Reye Syndrome, see [HealthLinkBC File #84 Reye Syndrome](#).

It is important to stay in the clinic for 15 minutes after getting any vaccine because about 1 in a million people can have a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. Should this reaction occur, your health-care provider is prepared to treat it. Emergency treatment includes administration of epinephrine (adrenaline) and transfer by ambulance to the nearest emergency department. If symptoms develop after you leave the clinic, call **9-1-1** or your local emergency number.

Always report serious or unexpected reactions to your health-care provider.

Who should not get the vaccine?

You should not get the vaccine if you:

- Have a serious allergy (anaphylaxis) to polyethylene glycol (PEG). PEG can be found in some cosmetics, skin care products, laxatives, cough syrups, and bowel preparation products for colonoscopy. PEG can be an additive in some processed foods and drinks but no cases of anaphylaxis to PEG in foods and drinks have been reported. Tell your health-care provider if you have had anaphylaxis but no cause was found after seeing an allergy specialist, or if you had anaphylaxis before and did not get seen by an allergy specialist
- Have had a life-threatening reaction to a previous dose of the COVID-19 vaccine or to any part of the vaccine

Are there additional considerations to getting the vaccine?

Speak with your health care provider if you:

- Have an immune system weakened by disease or medical treatment
- Have an autoimmune disease
- Are pregnant, may be pregnant or are planning to become pregnant
- Are breastfeeding
- Have received a monoclonal antibody or convalescent plasma for treatment or prevention of COVID-19
- Have received a vaccine in the last 14 days

- Have symptoms of COVID-19

If you have a new illness preventing you from your regular activities, you should wait until you have recovered. This will help to distinguish side effects of the vaccine from worsening of your illness.

What is COVID-19?

COVID-19 is an infection of the airways and lungs caused by the SARS-CoV-2 coronavirus. Symptoms of COVID-19 can include cough, shortness of breath, fever, chills, tiredness and loss of smell or taste. While some people with COVID-19 may have no symptoms or only mild symptoms, others can require hospitalization and may die. Serious illness is more common in those who are older and those with certain chronic health conditions such as diabetes, heart disease or lung disease. For some people, symptoms of COVID-19 can last for weeks or longer. The long-term effects of COVID-19 on a person's health are unknown.

How is COVID-19 spread?

The virus that causes COVID-19 is spread from person to person by coughing, sneezing, talking and singing. It can also be spread by touching an object or surface with the virus on it and then touching your eyes, nose or mouth.

For more information on COVID-19 vaccines, visit BCCDC's COVID-19 vaccine page www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine



BC Centre for Disease Control
Provincial Health Services Authority



BC Centre for Disease Control
Provincial Health Services Authority

COVID-19 Vaccine After Care Sheet (COVID-19 mRNA vaccine)

What should I do right after getting the vaccine?

- **Wait for at least 15 minutes in the clinic** after getting your vaccine. A longer wait time of 30 minutes may be recommended if there is concern about a possible allergy to the vaccine. Although uncommon, fainting or allergic reactions can occur after getting the vaccine. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. Should this reaction occur the clinic staff are prepared to treat it.
- **Inform a health care provider** at the clinic if you feel unwell while waiting.
- **Keep your mask on** while waiting and **stay at least 2 metres away** from anyone that is not part of your household.

What should I expect in the next few days?

- Common expected side effects within a day or two after getting the vaccine include the following:
 - Pain or swelling where the vaccine was given. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
 - Other symptoms may include tiredness, headache, fever, chills, muscle or joint soreness, nausea and vomiting.
- These side effects will go away on their own; however you may feel unwell for a day or two. If you are unable to carry on with your regular activities because of these symptoms, you can take medication such as acetaminophen or ibuprofen. Check with your health care provider if you need advice about medication.
- The vaccine is not a live virus vaccine, and cannot cause COVID-19.
- Some of the side effects of the vaccine are similar to symptoms of COVID-19 infection. However, side effects from the vaccine should only last a day or two and go away on their own. As well, symptoms such as cough or other respiratory symptoms are not side effects of the vaccine and are more likely to be due to a respiratory infection like COVID-19.
- Use the [BC COVID-19 Self-Assessment Tool](https://bc.thrive.health/covid19/en) available at <https://bc.thrive.health/covid19/en> if you experience any symptoms compatible with COVID-19 infection, including respiratory symptoms (runny nose, sore throat, shortness of breath, etc.) or any symptoms listed above, with the exception of local injection site reactions. This will let you know if you need to get tested for COVID-19.

Extra advice for health care workers (HCWs):

- HCWs can continue working after vaccination and must continue to use appropriate PPE as directed by your workplace.
- HCWs, including those working in assisted living facilities, who experience any of the symptoms listed above other than local injection site reactions need to use the [BC COVID-19 Self-Assessment Tool](https://bc.thrive.health/covid19/en) available at <https://bc.thrive.health/covid19/en>. This

will let you know if you need to get tested. If you need to get tested, do not return to work until you receive a negative test result.

- Serious side effects after getting the vaccine are rare. **If you develop any serious symptoms or symptoms that could be an allergic reaction (as described above) seek medical attention or call 9-1-1 right away.** Tell your health care provider that you received the COVID-19 vaccine so that they can report this to local public health if they suspect your symptoms were related to the vaccine.
- You may be contacted by CANVAS-COVID to participate in safety monitoring for COVID-19 vaccines if you provided your email address. You can also participate by signing up at CANVAS-COVID.ca.

When should I return for my second dose of vaccine?

- **The immunization provider will let you know when to return for your second dose.** It is important to get both doses of the vaccine to protect you against COVID-19. Make an appointment or follow the instructions of the immunization provider to ensure you get the second dose at the right time.
- **Bring your immunization record with you when you return for your second dose.** Tell the person giving the vaccine about any side effects you had after the first dose.

Things to remember after getting vaccinated:

- **Continue to follow public health recommendations** such as frequent handwashing, wearing a mask and staying at least 2 metres from others, to prevent the spread of COVID-19.
- It will take about 2 weeks after getting the first dose of the vaccine to build immunity to the virus. If you are exposed to someone with COVID-19 infection during this time or shortly before getting the vaccine you can get sick with COVID-19.
- **Do not get any other vaccines** until you have received both doses of the COVID-19 vaccine and at least 28 days have passed after the second dose.
- **Keep your immunization record** in a safe place. You can also download the [CANImmunize](#) app to keep track of your COVID-19 vaccine and other vaccines.
- A record of your COVID-19 immunization will be available online through [Health Gateway](#). Health Gateway can be accessed from your computer, tablet or mobile phone using your [Mobile Card](#). To register, visit www.healthgateway.gov.bc.ca.