

## **COVID-19 VACCINATION**

### **Introduction**

Two sites have been selected in the MRC Appalaches to carry out mass vaccination against Covid-19. The Thetford Convention Centre located at 777 9<sup>th</sup> avenue Sud, as well as the CLSC Disraeli.

The first group to be vaccinated are people 85 years of age and older, that is, those born in 1936 or before. Note that anyone accompanying the person can also receive the vaccine if they are present with the person three days a week or more, such as a caregiver or spouse. Only one accompanying person per person 85 years old and over can be vaccinated.

Booking appointments will begin on Thursday February 25<sup>th</sup>, 2021. Those concerned can do so at [www.quebec.ca/vaccinCOVID](http://www.quebec.ca/vaccinCOVID) or by phone at 1-877-644-4545, Monday-Friday, 08:00 am – 6:00 pm., and weekends, 08:30 am - 4 :30 pm. Vaccination is done exclusively by appointment.

For some people the vaccine has not come fast enough, for others they may be worried about the safety and effectiveness of the vaccine. Below is some information that I hope will help you. For any questions, please call or email Laurie: 418-332-3852 [health@mcdc.info](mailto:health@mcdc.info)

### **For Help with Informed Consent**

Vaccination readies your body's defences against specific viruses and bacteria.

The vaccine will help your immune system to efficiently combat the virus that causes COVID-19.

### **Why Should I Get Vaccinated?**

It protects against COVID-19 and helps you avoid becoming sick.

Even if many people recover without being treated, some may die from COVID-19 or suffer heart or lung problems like pneumonia. The nervous system can also be affected.

### **What are the Most Frequent Symptoms After Vaccination?**

- Pain at the injection site
- Fatigue, headache, muscle or joint pain and fever.

These are mild to moderate symptoms that usually disappear in one of two days. You can take fever or pain medicine such as acetaminophen (for example, Tylenol) or ibuprofen (for example, Advil) to relieve them.

### **COVID-19 Vaccine**

Vaccination is the best protection against COVID-19 and its complications, in addition to other measures such as physical distancing, wearing a medical mask or face covering, and hand washing.



## Safety and Effectiveness of the Vaccine

Both Pfizer and Moderna COVID-19 vaccines are approved by Health Canada and are safe. They have met all the requirements for approval. The vaccines were tested on a large number of people. They have a 95% success rate after two doses.



*“It is health that is real wealth and not pieces of gold and silver.”*

Mahatma Gandhi



## Distribution of the COVID-19 Vaccine

Here is the latest information regarding the distribution of the COVID-19 vaccine in the region of Chaudière Appalaches:

- The COVID-19 vaccine began to be distributed in CHSLD's (long-term care nursing homes) December 23, 2020 in our area. The priority is vaccinating those who are most vulnerable, as well as health care workers who give direct care to those persons.
- The second priority group are those living in private nursing homes.

The following groups of people will be the next in line to receive the vaccine as it becomes more available:

- People aged 80-84 years.
- People aged 70-79 years.
- People aged 60-69 years.
- Adults less than 60 years of age with a chronic health problem or a health problem that increases their risk of developing a complication if infected with COVID-19.
- Adults less than 60 years of age with no chronic health problems or increased risk of developing a complication but work in essential services and are in contact with the population.

Vaccination of children and pregnant women will be determined based on future studies on vaccine safety and efficacy (effectiveness) in these people.

(Source: [Quebec.ca/English/Vaccination](https://quebec.ca/English/Vaccination))

## Other Online Resources

Click this link for a YouTube video for help with informed consent: <https://www.youtube.com/watch?v=yf0rwf8hUOw&t=38s>

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-COVID-19-vaccination/#c78786>

Or call: 1-877 644-4545

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