

COVID-19 mRNA Vaccine Facts

Getting a vaccine is a personal choice. Below are facts about the COVID-19 vaccines to help you make a choice about getting vaccinated.

How do the COVID-19 mRNA vaccines work?

- Messenger RNA (mRNA) is a genetic blueprint that tells your body how to make a protein found on the surface of the COVID-19 virus, called the spike protein.
- Once vaccinated, your body's immune system makes fighter cells and antibodies against the COVID-19 spike protein. If you come in contact with the COVID-19 virus in the future, your immune system will attack the virus and protect you from getting sick with COVID-19.
- mRNA vaccines **cannot** damage or change our DNA.
- The COVID-19 mRNA vaccines do not contain the live virus and **cannot** give us COVID-19.
- The COVID-19 vaccines are the first time that mRNA knowledge will be used widely in vaccines. mRNA has been studied by researchers for many years.

Are the COVID-19 vaccines safe? Do they work?

- Health Canada carried out careful reviews of the Pfizer BioNTech and Moderna vaccines and approved them as safe and effective.
- The clinical trials included over 70,000 volunteers from across the world. Several hundred people in the trials self-identified as American Indians or Alaska Natives. This number was too small to tell us if there were any differences in how the vaccine works in Indigenous people. Race shouldn't affect the protection offered by the vaccine.
- The vaccines were developed and tested faster than in the past because of:
 - improved science and technology,
 - increased funding, and
 - scientists working together.
- The more people in the community who are vaccinated, the harder it is for COVID-19 to spread.
- The Pfizer vaccine is 95% effective and Moderna is 94% effective in preventing COVID-19 infections and severe illness from COVID-19.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever. These side effects **are normal and expected**. Serious side effects and allergic reactions are uncommon.

Contact your health care provider if you have any questions about the COVID-19 vaccines.

Contact your local Indigenous organization to get on a list to **get updates about vaccine clinics** for Indigenous people.

What else do I need to know?

- Indigenous people can be at a higher risk of COVID-19 infections and complications given colonialism and racism. Colonialism has impacted Indigenous healthcare, housing, drinking water supplies and access to traditional practices and foods.
- COVID infections can spread easily in crowded and multi-generational households where masking and physical distancing are difficult or impossible to practice.
- Indigenous Services Minister Miller noted that “regardless of where you call home, Indigenous peoples are 3.5 to 5 times more at risk of suffering severe or even life-threatening consequences of COVID-19”.
- The COVID-19 vaccines are free.
- Vaccination against COVID-19 is not mandatory. Some workplaces may require you to get the vaccine as part of their health and safety, just like other vaccines.
- In January 2021, the World Health Organization reviewed several cases of elderly people who died in the period after being vaccinated and found the COVID-19 vaccines **did not** cause these deaths.
- As of February 9, 2021, the COVID-19 virus has caused over 2 million deaths around the world.
- If you have a health condition, talk to your health care provider to find out if you can get the COVID-19 vaccine. They know your health conditions and can give you the best information to help you make your decision.

What is still to be learned about the COVID-19 vaccines?

- How long vaccination protects you against COVID. We also don't know how long immunity after COVID infection lasts.
- If there are long term side effects. This may take several years to study. It is more common for vaccines to have side effects that happen right away rather than many months or years later.
- How well the vaccine will work to protect a person from new variants of COVID-19.
- If the vaccine reduces the chances of you transmitting the infection to others. For this reason, it will be important after vaccination to follow public health measures such as masking and physical distancing in the coming months.

All of these will be better understood with time and with more people being vaccinated.

More Information

- **Hamilton Public Health Services**
www.hamilton.ca/coronavirus
www.hamilton.ca/COVIDvaccines
 COVID Hotline: 905-974-9848
- **Government of Ontario**
www.ontario.ca/coronavirus
www.ontario.ca/covidvaccines
- **Health Canada**
www.canada.ca/coronavirus
www.canada.ca/covidvaccines