

What happens when I get the COVID vaccine



A guide to learn why vaccines matter



Health Care Access Research
and Developmental Disabilities

camh | Azrieli Adult
Neurodevelopmental Centre



What is being done to make sure people are safe when they get the vaccine?

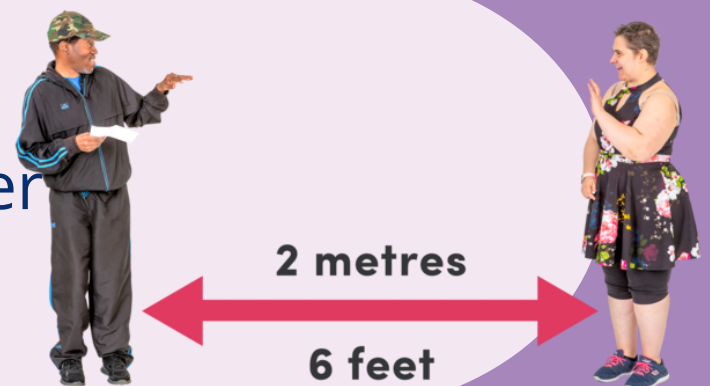
Doctors and nurses are being very careful to make sure people do not get COVID when they go to get the vaccine.



You will be asked if you have any COVID symptoms when you go to the clinic. If you have any symptoms, such as a new cough, runny nose, fever, or muscle aches you shouldn't go to the vaccine clinic.



You need to wear a mask, wash your hands, and stay 6 feet away from other people when you are at a clinic.



What should I do before coming to the vaccine clinic?

- Wear a short sleeve shirt, or a top with sleeves that are easy to roll up.
- Have something to eat before going to the clinic.
- Wear your mask. If you can't wear a mask, talk to your doctor.
- Bring your health card.
- Bring your immunization card (if you have one).



Health Care Access Research
and Developmental Disabilities

camh

Azrieli Adult
Neurodevelopmental Centre

Before getting the vaccine, you should tell the doctor or the nurse if:

- You are not feeling well or you have symptoms of COVID.
- You are breast feeding or you could be pregnant.
- You have fainted after getting a vaccine before.
- You have a bleeding disorder.
- You have had an allergic reaction to a vaccine before.
- You have had any type of serious allergic reaction before.
- You know you have a weak immune system (you have immunosuppression)
- You have had any other vaccines in the last 2 weeks



What will happen when I get the vaccine?

- A doctor, nurse or pharmacist will give you the vaccine.
- The vaccine is a needle that goes into your upper arm near your shoulder, like a flu shot.
- Your arm may get sore or red for a day or two



What happens after I get the vaccine?

Right after you have the vaccine, you will be told to wait for 15 minutes in the clinic to make sure you are feeling well before you can go home.



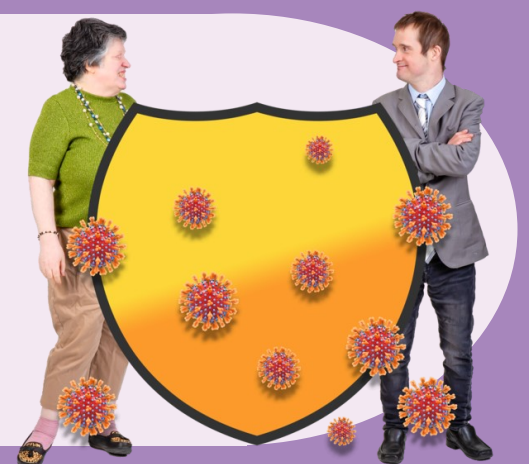
You might have sore muscles or a low fever after you get the vaccine. Your arm may get a little bit red where the needle went and it might hurt. This is okay, and is because the vaccine is new to your body.



If you don't feel well or are worried, you can call the doctor or nurse.



Your body will become stronger and will protect you better from COVID.



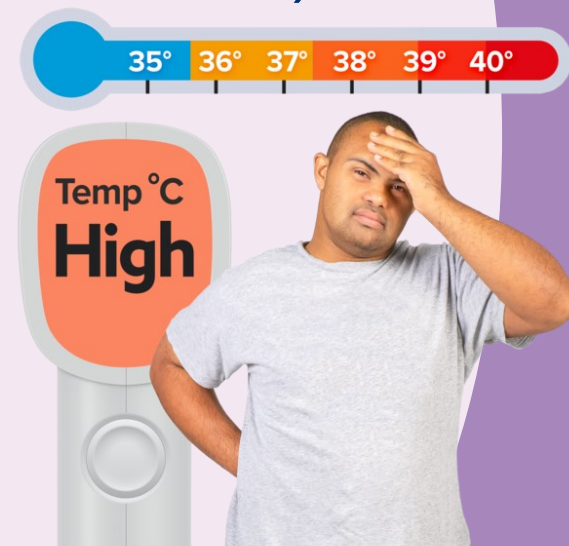
Health Care Access Research
and Developmental Disabilities

camh | Azrieli Adult
Neurodevelopmental Centre

After I get the vaccine, when should I get help from a doctor?

Very few people get serious side effects from the vaccine. If you have any of these problems in the three days after you get the vaccine, call 911 and get help from a doctor:

- You have trouble breathing (it is very hard to breathe)
- Hives
- Your face or mouth gets swollen or puffy
- Your skin looks pale and you feel like fainting
- A high fever (more than 40 degrees C)
- You have a seizure



How will I know if I am having an allergic reaction to the vaccine?

- Very few people are allergic to the vaccines.
- If you are allergic to the vaccine, you may get hives (itchy bumps on your skin), you may have trouble breathing, and you may have a swollen face, tongue, and throat.
- The doctors and nurses at the clinic will watch for this when you get the vaccine. That is why you wait before going home.
- If you are worried, you can talk to your doctor or nurse before going to get a vaccine.



How many times do I have to get the COVID vaccine?

- You will have to get the COVID vaccine **two** times.
- After you get your first vaccine, you will need to get a second vaccine approximately **21 days** later.
- It is very important to get the vaccine two times to make sure the vaccine works well.



After I get the vaccine, I still need to be careful.

- We know that you are unlikely to get sick with COVID after you get the vaccine 2 times.
- But you might still be able to give someone else COVID who did not get the vaccine because vaccines help you fight infections so you don't feel very sick, but they don't stop you from getting infected.
- That is why people are still going to wash hands, wear a mask, and not get too close to other people, even after the vaccine.
- When most people have the vaccine, we won't have to do these things as much.

