



# COVID-19 Vaccines

## Frequently Asked Questions

### I've already had COVID-19. Do I still need the vaccine?

Yes. Immunity from previous infection may not last long. It is possible to get COVID-19 again. Get vaccinated with two doses for better protection.



### Which vaccine is better?

All COVID-19 vaccines approved by Health Canada prevent serious illness from COVID-19.



### Are the mRNA vaccines interchangeable?

The two mRNA vaccines (Moderna and Pfizer) use a similar technology, and the vaccines are safe to mix. It is important to get two doses for better and longer protection.



### Is it safe to get the vaccine if I have an autoimmune condition and/or other health issues?

Yes. Millions of COVID-19 vaccine doses have been given to people with various health conditions, such as heart disease, asthma, diabetes, arthritis, cancer and transplants. Vaccination will protect against serious illness from COVID-19. Speak with your health care provider if you have questions.



### Is the vaccine safe for people with allergies?

The COVID-19 vaccine does not contain eggs, gelatin, preservatives or antibiotics. A health care provider will review the vaccine ingredients with you to make sure it is safe for you. After vaccination, you will be monitored for any reactions for at least 15 minutes. Any reactions can be treated right away.



### Are there vaccine side effects?

Some people may have mild side effects such as headache, fever, chills or pain at the injection site. Side effects are more common after the second dose. The reactions may last 1 to 3 days. You may take over-the-counter medications after vaccination to relieve symptoms.



### If I use drugs or alcohol, is it safe to get the vaccine?

Yes. It is safe to get the vaccine if you use drugs or alcohol.



### After receiving two doses, can I return to "normal" activities?

People are considered fully vaccinated 2 weeks after their second dose of COVID-19 vaccine. Until more people are fully vaccinated, continue to keep a distance of at least 2 metres from others, wear a mask when in indoor public places or outdoors when you can't keep your distance and wash your hands.



### What are the benefits of getting vaccinated?

As more people get vaccinated, cases of COVID-19 decrease, so some public health measures can be lifted and businesses can reopen. This means we can all get back to more of the activities we enjoy, including:

- Visiting vulnerable family members or friends with peace of mind
- Travelling
- Attending arts, entertainment or sporting events



Getting vaccinated also reduces strain on our health care system so that surgeries and other treatments can resume.

For more information visit [www.peterboroughpublichealth.ca/novel-coronavirus-covid-19/covid-19-vaccine-info/](http://www.peterboroughpublichealth.ca/novel-coronavirus-covid-19/covid-19-vaccine-info/) or call **705-743-1000**

