

FEBRUARY 2021

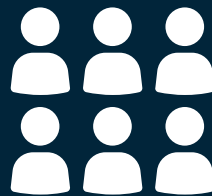
COVID-19 NEWS

BIIGTIGONG NISHNAABEG

Thank you Biigtigong Nishnaabeg community and staff for completing the COVID-19 vaccine survey.

Your input and questions are valued and has helped us to plan the immunization clinic and develop resources to support you in your decision-making process. In the newsletter, you will find information about COVID-19 vaccines. We have also updated the website to include resources from other organizations and continue to make posts on the Facebook page.

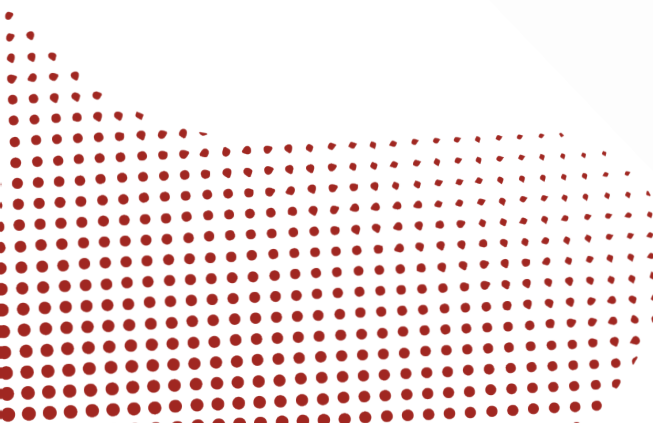
RETURNED SURVEYS:



74 from community



37 from staff



MYTH BUSTER COVID-19 VACCINE

Myth: The vaccine was rushed.

FACT:

The vaccine approval process did not take any short cuts. The technology is not new and has been in development for many years since SARS in 2003. What made it happen so fast? - Urgent need, global cooperation and massive funding.



Myth: It changes your DNA.



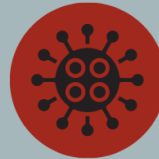
FACT:

This mRNA vaccine cannot change your DNA. It doesn't have access to DNA.

Myth: It can give you COVID-19.

FACT:

It does not contain a live virus and cannot give you COVID-19.



Myth: It causes severe side effects.



FACT:

Common side effects are sore arm, feeling tired, headache and slight fever. The serious adverse events that have been reported are anaphylaxis.

Myth: It contains egg protein.

FACT:

This vaccine does not contain egg protein. Talk to your health care provider about allergies.



BIIGTIGONG MNO-ZHI-YAAGAMIG

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Your questions answered:

Vaccine Safety:

- Only vaccines that Health Canada determines to be safe and effective will be approved for use in Canada.
- The benefits of the vaccine currently outweigh the risk of the actual virus.
- Vaccine safety and adverse reactions are continuously monitored.
- When something is new it is understandable if people feel worried, especially Indigenous people who may lack trust in government advice based on the history that they have endured. However, vaccines go through very robust processes. Vaccines are safe and they will save lives.

How did the vaccine get approved so fast?

- Standards, safety and quality have not been compromised when it comes to the approval of the vaccine.
- This type of vaccine has been in development for many years since SARS in 2003.
- The urgent need, global cooperation and massive funding helped make this vaccine a priority.

Why are Indigenous populations a priority?

The National Advisory Committee on Immunization is an independent committee of experts that provides advice to the Federal Government. The committee chose priority groups based on risk factors that makes certain groups more vulnerable to COVID-19. Risk factors like the social determinants of health (including socioeconomic status), pre-existing health conditions were used to make the decision and the decision factored in ethics and equity.

What are the benefits of choosing to be vaccinated?

- Vaccines are safe, effective and the best way to protect you and those around you from serious illnesses like COVID-19.
- An important tool to help stop the spread of the virus.
- The vaccine can reduce your risk of developing COVID-19 and make your symptoms milder if you do get it.



As of February 5, 2021, over 1 million doses of COVID-19 vaccine in Canada have been given.

How does an mRNA vaccine work?

- The vaccine delivers a message to your cells with a recipe for “spike proteins”.
- Your immune system gets to work.
- Your cells start to make spike proteins that look like COVID-19.
- Your immune system responds by making antibodies to destroy these spike proteins.
- Now your body is ready to respond if you are exposed to the COVID-19 virus.

What vaccines are currently approved in Canada?

- Pfizer-BioNTech
- Moderna

Can COVID-19 vaccines give you the virus?

No. The vaccine helps to build up your immunity to the virus.

How is this vaccine given?

The vaccine is given in the muscle of the upper arm.

- Pfizer-BioNTech 2 doses - 3 weeks apart
- Moderna 2 doses - 4 weeks apart

Who can get the vaccine?

- Pfizer-BioNTech- age 16 years of age and older
- Moderna- age 18 years of age and older

Can children be vaccinated?

Children were not included in the original vaccine trials. Vaccine trials for this age group are ongoing. If the trials go well, we can expect to hear about vaccines for this age group.

How effective is the vaccine?

Research has shown that COVID-19 vaccines are 94% effective in preventing symptomatic infections. This means the vaccine does a good job at preventing people from getting sick and ending up in the hospital.

You must get 2 doses of each COVID-19 vaccine. One dose will not protect you.

Pfizer- BioNTech

95% effective at preventing people from getting sick from COVID-19 in one week after the second dose.

Moderna

94.1% effective at preventing people from getting sick from COVID-19 at least 14 days after the second dose.

How long will I be protected from COVID-19?

It is not known yet how long people will have a good immune response. Research is ongoing in this area. There is now evidence that the vaccines may prevent transmission as well.

Can I stop wearing a mask after my shot?


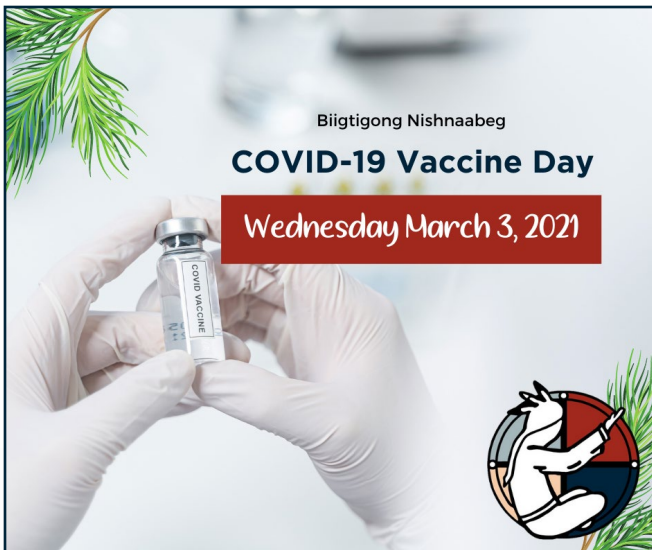
No, public health measures still need to happen until most of the population are immunized and when we know more about how the vaccine reduces the spread of the virus.

Is it safe if I have allergies?

There have been reports of severe allergic reactions to ingredients in the vaccine. The people affected recovered. If you have a history of severe allergies due to ingredients in vaccines, please talk with your health care provider.

Will I have to get the COVID-19 vaccine every year like the flu shot?

We do not know the answer to this question yet. This is being researched.



For more COVID-19 vaccine information visit our website

picriver.com/covid-19-information

Your questions matter!

If your questions have not been answered by this fact sheet or by the information on the website, please call the Biigtigong Mno-zhi-yaagamig to speak with Natasha Armstrong, Community Health Nurse.

[229-1836](tel:229-1836) extension 609

