

COVID-19 Vaccine Information Sheet

Moderna COVID-19 Vaccine (mRNA-1273 SARS-CoV-2 vaccine)

Please read this information sheet carefully and ensure all your questions have been answered by a health care provider before receiving the vaccine.

The Moderna vaccine was been authorized for use by Health Canada under an [Interim Order](#) on December 23rd, 2020. An Interim Order allows authorization of the vaccine more rapidly to respond to a public health emergency while following requirements to ensure the health and safety of Canadian.

What is COVID-19?

- COVID-19 is an infectious disease caused by a new coronavirus (SARS-CoV-2). COVID-19 was recognized for the first time in December 2019 and has since spread around the world to cause a pandemic. The virus that causes COVID-19 is mainly passed from an infected person to others when the infected person coughs, sneezes, sings, talks or breathes. It is important to note that infected people can spread the infection even if they have no symptoms.
- [Symptoms of COVID-19](#) can include cough, shortness of breath, fever, chills, tiredness and loss of smell or taste. Some people infected with the virus have no symptoms at all, while others have symptoms that range from mild to severe.
- [Of people diagnosed with COVID-19 in Canada](#), about 1 in 13 require hospitalization and about 3 out of every 100 people diagnosed with COVID-19 die. Even people with mild symptoms may feel unwell for a long time after a COVID-19 infection.

How does the Moderna vaccine protect against COVID-19?

- The vaccine causes our body to produce protection (such as **antibodies**) to help keep us from becoming sick if we are exposed to the COVID-19 virus. The vaccine uses a new method called messenger RNA (mRNA) to help our body make protection against the virus.
- In a large study where people were given 2 doses of the vaccine, the vaccine was shown to work very well at preventing people from becoming sick with COVID-19. The immunized group of people was much less likely (94% less likely) to become sick with COVID-19 in the weeks after vaccination compared to the group that did not receive the vaccine.

Who can and cannot receive the COVID-19 vaccine at this time?

- Canadian Forces Health Services will provide information on which groups of people are able to receive the vaccine at this time based on several factors including who is at high risk of COVID-19 infection and severe disease, as well as the amount of vaccine available.
- If you have any [symptoms that could be due to COVID-19](#), you should not go out to get vaccinated because you could spread the infection to others. Talk with your health care provider, or where available, call a health information line, about your symptoms and getting a COVID-19 test. Your health care provider will advise you when you are able to receive the vaccine.

See **Table 1** below for information regarding who can and should not receive the COVID-19 vaccine.

	<p>Column 1</p> <p>CAN RECEIVE the COVID-19 Vaccine</p> <p>People in Column 1 can receive the COVID-19 vaccine except if they are also in Column 2 or 3</p>	<p>Column 2</p> <p>SHOULD NOT ROUTINELY RECEIVE the COVID-19 Vaccine</p> <p>The vaccine has not been studied well enough in people in Column 2. People in Column 2 may be offered vaccine if the benefits outweigh the risks. Those who are at high risk of exposure to COVID-19 infection and/or of developing severe disease should discuss these risks with their health care provider to make a decision about vaccination.</p>	<p>Column 3</p> <p>SHOULD NOT RECEIVE the COVID-19 Vaccine</p> <p>The vaccine should not be used in people in Column 3</p>
Age	18 years of age and over		17 years of age and younger
Feeling unwell with symptoms that could be COVID-19			You should not be vaccinated if you have any symptoms that could be due to COVID-19 so that you do not spread infection to others.
Have or had a COVID-19 infection	You can be vaccinated if you are no longer infectious and are feeling better from a COVID-19 infection		You should not be vaccinated while infectious so that you do not spread infection to others, or if you still feel unwell from a recent COVID-19 infection
Pregnancy		Currently pregnant or planning to become pregnant before receiving both doses of COVID-19 vaccine	
Breastfeeding		Currently breastfeeding	
Allergy to polyethylene glycol (PEG)* Talk with your health care provider if you are known to be allergic to polyethylene glycol* or have had an allergic reaction from an unknown cause. See below for more details*			If you have been told you are allergic to polyethylene glycol (PEG)* or have had an allergic reaction from an unknown cause, you should not be vaccinated until it is determined to be safe by an allergist or other health care provider

<p>You had a severe reaction to a previous dose of COVID-19 vaccine, including an allergic reaction</p>			<p>If you had a serious or allergic reaction to a previous dose of COVID-19 vaccine, you should not be vaccinated until it is determined to be safe by an allergist or other health care provider</p>
<p>Medical conditions Talk with the health care provider if you are unsure about your medical conditions</p>		<p>Problems with your immune system from disease or treatment</p> <p>Autoimmune conditions</p>	
<p>You received another vaccine in the past 14 days (not a COVID-19 vaccine)</p>			<p>If you received another vaccine (not a COVID-19 vaccine) in the past 14 days, it is best to wait 2 weeks from that last vaccine to receive your COVID-19 vaccine</p>

* Polyethylene glycol (PEG) can rarely cause allergic reactions and is found in products such as medications, bowel preparation products for colonoscopy, laxatives, cough syrups, cosmetics, skin creams, medical products used on the skin and during operations, toothpaste, contact lenses and contact lens solution. PEG also can be found in foods or drinks, but is not known to cause allergic reactions from foods or drinks.

In addition to the information in Table 1, tell the health care provider if:

- **You have fainted or felt faint after receiving past vaccines or medical procedures.** Your health care provider may recommend that you receive the vaccine lying down to prevent fainting.
- **You have a bleeding disorder or are taking medication that could affect blood clotting.** This information will help the health care provider prevent bleeding or bruising from the needle.

How is the vaccine administered?

The vaccine is given as a needle in the upper arm and will require two doses given 28 days apart.

What are the risks of the vaccine?

- In a large study, half of the people who received the Moderna vaccine were monitored for at least two months and no serious side effects have been found to-date. People who have received the vaccine in studies continue to be monitored for any longer term side effects.
- Side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for about one to three days; they will go away on their own. These types of side effects are expected and can indicate the vaccine is working to produce protection.
- In the study, side effects included one or more of the following:
 - pain, redness or swelling where the needle was given
 - tiredness
 - headache

- muscle pain
 - joint pain
 - nausea / vomiting
 - chills
 - fever
 - enlarged lymph nodes (swollen glands) in the underarm.
- Rarely allergic reactions can occur after receiving a vaccine. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage an allergic reaction should it occur. Seek immediate medical care if you develop any of these symptoms.
 - It is important to note that **you cannot get COVID-19 infection from the vaccine.**

What measures have been put in place to safely provide immunizations during COVID-19?

Health care providers are being very careful to prevent the spread of COVID-19 when offering immunizations. Examples of extra safety measures include the following:

- You will be asked about [any COVID-19 symptoms](#) when you arrive at the clinic. People with symptoms of COVID-19 should not attend the clinic.
- You will be asked to wear a mask while at the clinic, as well as to clean your hands, and to stay at least 2 metres (6 feet) from others (except those you live with).
- The staff will also be wearing personal protective equipment and will be cleaning their hands before and after each client.
- Other measures may also be put in place in clinics. Be sure to read and follow any signs or instructions provided.

What should you do before coming to the clinic?

- Wear a short-sleeve shirt or top with sleeves that are easy to roll up.
- To prevent feeling faint while being vaccinated, have something to eat before coming to the clinic.
- Bring your mask.
- Bring any identification required by the clinic, such as your Identification Card.
- Bring your immunization record with you.

What should you do after receiving the vaccine?

- You will be asked to **wait at least 15 minutes after receiving** the vaccine to be sure you are feeling well. Longer waiting times of 30 minutes may be recommended if there is concern about a possible vaccine allergy. You may be asked by the health care provider to wait in the clinic, or if an adult is with you and you have a warm, dry place to wait (such as in your vehicle), you may be asked to wait outside of the clinic. Inform a health care provider right away if you feel unwell while waiting. You should not leave the clinic (or clinic parking lot) for at least 15 to 30 minutes after receiving your vaccine, based on the recommendation of the health care provider.
- **One you leave the clinic, call 9-1-1 right away if you develop any serious symptoms or symptoms of an allergic reaction** such as hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. Inform your health care provider of any concerning side effects after receiving the vaccine.
- **Continue to follow the public health recommendations** to prevent spread of COVID-19, which may include wearing a mask, staying at least 2 metres from others and limiting / avoiding contact with others outside your household.
- **Do not receive any other vaccines (except for your second COVID-19 vaccine)** until you have received both doses of the COVID-19 vaccines and at least 28 days have passed after the second dose (unless considered necessary by your health care provider).
- **If you are planning to become pregnant**, delay this until at least 28 days have passed after the second dose of COVID-19 vaccine.

- **Keep your immunization record** with information about the COVID-19 vaccine in a safe place.

When should I return for my second dose?

If this is your first dose of the COVID-19 vaccine, be sure to return for your second dose in 28 days. This is very important to ensure the vaccine works well. You may be asked to book an appointment to receive the next dose. Bring your immunization record with you when you come for your next dose.

If you have any questions, please speak with the person providing the vaccine or contact: *Insert contact information*