

COVID-19 Vaccine

Vaccination
is the best protection

Vaccination is the best protection against COVID-19 and its complications, in addition to other measures such as physical distancing, wearing a medical mask or face covering, and hand washing.



Disease	Signs and symptoms	Possible side-effects
COVID-19	<ul style="list-style-type: none">• Fever• Cough• Trouble breathing• Loss of smell• Fatigue• Headaches• Muscle aches• Nausea, vomiting, diarrhea• Overall sick feeling	<ul style="list-style-type: none">• Pneumonia and other respiratory issues• Heart problems• Neurological problems• Death

The vaccine

Vaccination is the best protection against COVID-19 and its complications. COVID-19 vaccine is recommended for people age 16 and over. Research is still being done regarding its use among people under 16.

COVID-19 vaccines require two doses. Shots are administered by intramuscular injection.

Symptoms following vaccination

Vaccination can cause some symptoms (e.g., pain at the injection site). Other symptoms may appear by chance and are unrelated to the vaccine (e.g., cold, gastro). The majority of reactions are benign and short-lived. Reactions are less common among people age 55 and over.

Vaccines cannot cause COVID-19 because they do not contain the SARS-CoV-2 virus that causes the disease. However, people who have been in contact with the virus in the days preceding their vaccination could still develop COVID-19.

Safe and effective

COVID-19 vaccine is approved by Health Canada and safe. It has met all the requirements for approval. The vaccine was tested on a large number of people. It has a 95% success rate. Experts are closely monitoring any adverse reactions that could occur following vaccination and taking measure to ensure that the general public receives a safe, effective vaccine.

(Continued on the back)

COVID-19 Vaccine (*continued*)

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Frequency	Possible side-effects of the vaccine	What you need to do
In most cases (more than 50% of people)	<ul style="list-style-type: none">• Pain at the injection site• Headaches• Fatigue	<ul style="list-style-type: none">• Apply a cold compress at the injection site.• Take pain or fever medication as needed.• See a doctor if symptoms persist.
Very often (less than 50% of people)	<ul style="list-style-type: none">• Fever• Chills• Joint aches• Muscle aches	
Often (less than 10% of people)	<ul style="list-style-type: none">• Redness, swelling at the injection site• Diarrhea• Vomiting	

If you have COVID-19 symptoms (fever, cough, trouble breathing, loss of smell, etc.), consult the *COVID-19 Symptom Self-Assessment Tool* to find out if you need to be tested:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/>

It is recommended to wait 15 minutes after being vaccinated in case of an allergic reaction. Allergic reactions typically appear a few minutes after vaccination. The person administering the vaccine will then be able to treat any possible allergic reactions immediately.

If you have any questions, ask the person administering the vaccine or call Info-Santé 811 or your doctor.