



Sioux Lookout  
First Nations  
Health Authority

## **Radio Script: After getting vaccinated against COVID-19**

**Developed: April 2021**

Hello listeners.

This is \_\_\_\_\_.

Today we are going to talk about what happens after you get vaccinated against COVID-19.

There are two things that need to happen to be fully vaccinated against COVID-19. First, you need to have received the full dosage of the vaccine. In most cases, this will mean two doses. These doses are given at least 4 weeks apart.

The second thing is that at least 2 weeks need to have passed since getting the final dose. You are fully vaccinated once you meet these two conditions.

When you get vaccinated, you may feel many things. One thing may be pride. And you should be proud. Proud that you are protecting yourself and your community. Proud that you are helping end this pandemic.

And you may feel like celebrating. And do so with your household. It is important to celebrate the actions you are taking. But it is important to do so thoughtfully.

The pandemic is not over yet. There are still many people who are waiting to be vaccinated. But even those of us that are vaccinated need to be careful. The vaccines give us great protection. But they are not perfect. No vaccine is. A very small number of people who are vaccinated can still get COVID-19. Any illness will likely be mild. But no one wants COVID-19. Nor would they want to risk giving it to anyone else.

We know that COVID-19 vaccines are good medicine. They give us great protection from severe illness. But we still have much to learn.



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But we are learning more about the variants. We are learning about how the vaccines can slow the spread of the virus. We are learning more about how long they can protect us.

So, we need to continue to do what we can to slow the spread of the virus.

Dr. Tam, Canada's Chief Public Health Officer, has some advice we can follow. Dr. Tam suggests that we try and limit the number of interactions we have. That the interactions we have are with the fewest number of people. We should aim to meet for the shortest time from the greatest distance possible. And we should do so wearing the best fitting mask.

If we are able to do all of these things, we have a better chance of keeping our communities safe. And bringing this pandemic to an end.

Thank you for all that you are doing to keep safe. Keep listening to the recommendations. Keep following the community's public health measures.

If you have questions about your community guidelines, reach out to a member of your community pandemic response team. If you have questions about COVID-19 or the vaccine, speak with your healthcare provider. Or send an email to [acwinfo@slfnha.com](mailto:acwinfo@slfnha.com).

Before we end, we want to remind you about NAN Hope. Nishnawbe Aski mental health and addictions support access program is for all NAN citizens. If you need to talk to someone, you can. You can call 1-844-626-4673. If you would like to connect another way, visit [nanhope.ca](http://nanhope.ca). On the main page, you will see a text and live chat option. Our mental health is as important as our physical health.

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