



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

FREQUENTLY ASKED QUESTIONS

Moderna COVID-19 Vaccine

August 31, 2021

COVID-19 vaccine is key to stopping the spread of COVID-19. The Moderna COVID-19 vaccine was approved for use in Canada on December 23, 2020, for adults 18 years and older. People started getting the vaccine on January 3rd, 2021. On August 27, 2021, it was approved for use in children 12 – 17 years old.

How does the Moderna mRNA vaccine work?

The Moderna vaccine is an mRNA vaccine. This stands for ‘messenger ribonucleic acid’ or ‘messenger RNA’. Messenger RNA is a tiny molecule that carries instructions. Its job is to tell cells how to make proteins. “Health Canada describes mRNA vaccines as follows. mRNA vaccines teach your cells how to make a protein that will create an immune response. The vaccines do this without using the live coronavirus that causes COVID-19. After getting the vaccine, your body will start making antibodies. The antibodies made will help fight an infection if COVID-19 enters your body in the future.”



Learn more about how mRNA vaccines work, visit www.sfnha.com/covid/

Is the Moderna vaccine effective?

Yes. In people younger than 65, it is 94.1% effective in preventing moderate and severe cases of COVID-19. That is, out of 100 people, more than 94 fully vaccinated people will not get very sick with COVID-19. Protection for people 65 and older is 86.4%. In children 12 – 17 years, Moderna vaccine is 100% effective!

We are still learning about COVID-19 and vaccines. This information is accurate as of August 31, 2021.



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Who can have this vaccine?

It is for people 12+ years of age, including anyone born in 2009 even if they are not 12 yet. You will get 2 doses of the vaccine ideally 28 days up to 4 months apart. The level of protection increases up to two weeks after your second dose. By then, you are considered to be fully vaccinated.

What about a third dose?

In August 2021, a third dose of mRNA vaccine was recommended for certain people in high-risk groups. This was due to the increase of cases caused by the Delta variant. The third dose, given 2 months after your second dose will give extra protection. Talk with your community health nurse to see if you are eligible yet.

What are the common side effects?

Common side effects include pain or tenderness and redness in your arm where you got the needle. Less common side effects include tiredness, headache, body pain, chills, nausea, vomiting, and a low fever. You may also get swelling in your armpit on the side where you got your needle. All of these common side effects go away on their own in a day or so.

Side effects can happen after either dose but may be more after the second dose. If your side effects are more severe than this, see your community health nurse right away. Serious side effects are rare.

Can I get COVID-19 from the vaccine?

No. There is no way to catch COVID-19 from this vaccine because there is no live virus in it. If you are **already** infected with COVID-19 when you get your vaccine, or

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until you are fully vaccinated, it cannot protect you from getting sick.

I already had COVID-19. Should I still have the vaccine?

Yes, you should still be vaccinated. Talk with your health team first if you are ill with COVID-19 now, or if you were in the past 3 months.

If I am pregnant or breastfeeding, can I have the vaccine?

Yes. Pregnant women are in the top priority of those who should be fully vaccinated. If you are breastfeeding, your baby will receive protective antibodies through your breastmilk starting around 2 weeks up to 6 weeks after COVID-19 vaccination.

I have allergies. Can I have the vaccine?

If you had an allergic reaction to the first dose, or are allergic to any ingredients in the vaccine, it is not recommended you get it. There are other vaccines available.

Does it matter if I get Moderna or another vaccine?

It is important to be vaccinated as soon as possible so that you are protected from COVID-19. All of the COVID-19 vaccines approved for use in Canada will prevent severe COVID-19 illness, and so they are all very good options. As well, all of the vaccines are available in plenty now. If you are turning 12 this year, you can have either Moderna or Pfizer vaccines.

After I have the vaccine, can I return to 'normal' life?

Even after getting the vaccine, keep on with public health measures. Keep your distance. Wear a mask. Keep your hands clean. We still need to protect those among

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us who are not vaccinated, or who are at risk due to medical conditions, age, or pregnancy.

When will the pandemic end?

A new goal has been set to help slow the virus down. It is hoped that 90% or more of people in our communities will be vaccinated against COVID-19. At this time, on average, only 76% of adults and 46% of our children 12+ are fully vaccinated. These numbers vary by community. The Ontario Chief Medical Officer of Health, Dr. Kieran Moore says that if 90% or more people are vaccinated, we will only have small outbreaks instead of waves that everyone must get through. This would ease the impact on the healthcare system, and we could begin to move away from some of the public health measures.

Questions?

Write to us at ACWinfo@slfnha.com or join us weekly for a Facebook Live Q and A with Dr. Lloyd Douglas, Wednesdays at 5:00 pm.

<https://www.modernacovid19global.com/ca/product-monograph.pdf>

https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_vaccine_info_sheet.pdf

<https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/moderna.html>

To read Dr. Moore's comments and about The Last Mile vaccine strategy:

<https://tittlepress.com/health/1105702/>