



Sioux Lookout
First Nations
Health Authority

Radio Show: Who can get the COVID-19 vaccine

Updated: July 2021

Hello/Booshoo listeners! This is _____.

Today we are going to talk about who can get the COVID-19 vaccine.

Right now, people who are 12 or who are turning 12 before the end of the year can choose the COVID-19 vaccine. This is because the vaccine has been tested on people 12 and up. All COVID-19 vaccines go through the same testing as other vaccines that we know. The studies have shown that the vaccines are safe. And that they give great protection against COVID-19.

Now, what happens if you have had COVID-19? Can you get the vaccine?

Yes, you can. It is a really good idea to get vaccinated if you have had COVID-19 before. It is possible to have COVID-19 more than once. The vaccine can help protect you from getting sick again. And lower your risk of spreading COVID-19 to others.

The vaccine can also protect people who have Long COVID.

What is Long COVID?

Long COVID is when someone is living with symptoms of COVID-19 after they are thought to have recovered from the infection. Symptoms can vary. Many people report feeling tired or ill. Some people have trouble with sleep, memory, and concentration. If you have Long COVID, the vaccine is still a good idea. The vaccine can protect you from re-infection. And it may even help relieve some of your symptoms. If you have questions, you can talk to your nurse or doctor.

Severe allergic reactions to COVID-19 vaccines are very rare. If you have had reactions to vaccines in the past, talk with your doctor or nurse. You can ask about what's in the vaccine. If you are allergic to any of the ingredients, they will advise you.

What if you have a chronic health condition? Like diabetes or asthma?



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It is often recommended that you get the COVID-19 vaccine when it is offered to you. This is because you may be at a higher risk for severe illness. If you have concerns, you can talk to your healthcare provider.

Some people have had questions about pregnancy and the vaccine.

If someone who is pregnant gets COVID-19, they can get quite sick. There is also a risk of birth complications. The COVID-19 vaccine is safe. And it can help protect pregnant people and their babies from severe illness.

There is no evidence that the vaccines affect breast or chest feeding. In fact, it may be possible for protective antibodies to be passed to the baby through the milk.

There is no evidence that the vaccine affects someone's ability to have a baby. Some people who were in the first vaccine trials have since become pregnant. If you are pregnant, or thinking of having a baby, reach out to your healthcare provider. Your nurse or doctor can help you decide the right path forward.

Children under the age of 12, those who will not be 12 before the end of the calendar year, are being asked to wait. Trials with children have begun. And scientists hope to have more to share with us soon.

While we wait for the results, there are things we can do to help keep them safe. We can choose to get two doses of a COVID-19 vaccine. And we can follow the public health guidance in the community. Handwashing, physical distancing, and masking all still help stop the spread of COVID-19.

This brings us to the end. We hope this information has been helpful. Speak with your nurse or doctor if you have questions about the COVID-19 vaccine. They are familiar with your medical history and are in the best position to guide you.

You can also email your questions to acwinfo@slfnha.com.

If you are interested in a first or second dose of the vaccine, you can still get one. Call the nursing station or reach out to a local healthcare provider.

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