



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

FREQUENTLY ASKED QUESTIONS

After COVID-19 Vaccination

August 31, 2021

Do you have questions about what to expect now that you are vaccinated? Here are the answers we know so far.

I had my first dose. When can I get my second dose?

Call your nursing station to book an appointment as soon as you can. All of the vaccines are readily now. Your second dose is due:

- 28 days up to 4 months after for Moderna
- 21 days up to 4 months after for Pfizer
- AstraZeneca = 28 days up to 4 months after
 - As of May 11, this vaccine is not being offered as a first dose due to concerns about blood clots and low platelets
 - If you had one dose, you could have a second dose up to 12 weeks after your first dose. You can also have either of the two mRNA vaccines, Pfizer or Moderna. For more info on this, visit:
https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_AstraZeneca_Vaccine_admin.pdf

I had two doses of vaccine. When am I fully vaccinated?

- 2 weeks after your second dose of the Moderna or Pfizer vaccines
- 2 weeks after the second dose of AstraZeneca vaccine or mRNA vaccines if you chose these for your second dose
- 2 weeks after the single dose of the Janssen vaccine

We are still learning about COVID-19 and the vaccines. This information is accurate as of August 30, 2021.



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Will I need a booster dose?

At the time of this writing, a third dose of mRNA vaccine is recommended for certain people with conditions that put them at high risk. This will help to boost their level of protection against the virus and variants. Check with your community health nurse to see if you are eligible. If you mixed Moderna and Pfizer doses for the first two, try to get the same vaccine as you had for your second dose.

I am travelling/have travelled out of my community and want to get my second dose. What should I do?

- Go online to Public Health Ontario for info on where you get COVID-19 vaccine. Visit <https://covid-19.ontario.ca/covid-19-vaccines-ontario>
 - You will need your health card number and info about your first dose, including the name of the vaccine and date it was given.

Can I still get sick with COVID-19 after being vaccinated?

Yes, you can. Being vaccinated helps prevent you from getting very sick or needing to be in hospital. The variants, especially Delta, spread more easily and may cause more severe illness. Keep going with public health measures to help lower the risk of getting sick.

Do I still have to wear a mask? If so, why?

Yes, you do. We need to help protect those who are not fully vaccinated or who are at risk of becoming sick even if they have been vaccinated. This includes most children under 12 who are too young to be vaccinated, people who have medical



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conditions, are older, or are pregnant.

What public health measures do I need to do?

At this time, all of the public health measures are necessary to help stop the spread of COVID-19 and the variants, especially Delta. Continue to do the following:

- **Wear a mask** (3-layers or more) indoors and outdoors when close to others who do not live in your household.
- **Stay 2 metres apart** from others.
- **Avoid crowds** and places with poor ventilation.
- **Keep your hands** clean by washing or using at least 60% alcohol-based hand sanitizer.
- **Avoid touching** your eyes, nose, and mouth unless your hands are clean.
- **Self-monitor for symptoms.** Complete a health self-screen before going out.
- **Stay home** if you are unwell. Call the nursing station for an assessment.
- **Clean and disinfect** high touch surfaces in your personal and shared spaces every day.

Do I need to keep my vaccination record?

Yes. If you were vaccinated in your community, you received a copy of your vaccine data form or a small card. This info includes the vaccine you had and the date it was



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given. If you need this information again in the future, contact your nursing station or use either of these two options:

- Download your vaccine receipt online:
<https://covid-19.ontario.ca/covid-19-vaccine-booking-support#vaccination-receipts>
- Call the SLFNHA Immunization Repository at 807-737-5196

When can I have other vaccines?

Wait at least 28 days before having other vaccines. If you need vaccine to prevent illness, like a tetanus shot, discuss it with your community health nurse.

Do I need to wait to get pregnant?

At this time, there is no evidence to show that you should avoid pregnancy after receiving a COVID-19 vaccine.

I have not been vaccinated. When can I start?

You can start as soon as possible. Contact your nursing station to book an appointment. At this time, statistics show that if you are not vaccinated:

- you are 8 times more likely to get infected with COVID-19
- you are 29 times more likely to end up in hospital
- you are 45 times more likely to need life-saving care in the ICU



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Write to us at: ACWinfo@slfha.com

To learn more:

[https://sogc.org/common/Uploaded%20files/Latest%20News/SOGC Statement COVID-19 Vaccination in Pregnancy.pdf](https://sogc.org/common/Uploaded%20files/Latest%20News/SOGC%20Statement%20COVID-19%20Vaccination%20in%20Pregnancy.pdf)

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

[https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19 AstraZeneca Vaccine admin.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19%20AstraZeneca%20Vaccine%20admin.pdf)

[https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19 vaccination rec special populations.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19%20vaccination%20rec%20special%20populations.pdf)

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