



Sioux Lookout  
First Nations  
Health Authority

## **Radio Script: Getting a third dose of the COVID-19 vaccine**

**Developed: November 2021**

Hello/Boozhoo. This is \_\_\_\_\_.

Today we are going to talk about getting a third dose of the COVID-19 vaccine.

But before we speak about third doses, let's begin by talking about the first two doses.

If you are at least 12 years old or will be turning 12 by the end of the year, you can get vaccinated against COVID-19. You need two doses. They are given at least 3 or 4 weeks apart, depending on which vaccine you get. You are considered fully vaccinated 2 weeks after you receive your second dose. This is because it can take up to two weeks for your body to build up its immune response.

If you still need one or two doses of the COVID-19 vaccine, contact your nursing station to book an appointment. And once you get your second dose, make sure to get a copy of your vaccine record. You can get a copy of your records from the provincial website. Or you can call SLFNHA's Immunization Repository at 807-737-5196.

People who received two doses developed a strong immune response. They were well protected from severe illness, hospitalization, and death.

However, experts are noticing that the protection from the vaccines can fade over time. The vaccines may become less effective against mild infections. We are also still learning how well the vaccines work against variants of the virus. Like Delta, which can spread more easily and can cause more severe illness.

So, what does this mean? It means that some people can benefit from getting a third dose of the COVID-19 vaccine. This third dose, or booster dose as it is also called, can help people strengthen their immune response. And it can help communities maintain their level of immunity over time.



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As of November 6, the following people can get a third dose of the COVID-19 vaccine:

- Indigenous adults and other adult household members
- Anyone 70 years of age or older
- Healthcare workers and some essential workers in congregate settings
- Anyone who was fully vaccinated with the AstraZeneca Vaxzevria vaccine or the single dose Janssen vaccine

Experts continue to study the vaccines. Right now, the data suggests that these groups of people can benefit from getting a third dose. Other people, like youth between the ages 12-17, may need a third dose later on.

If you are unsure if you should get a third dose at this time, ask a member of your community health team.

Third doses are being given at least 6 months after the second dose. If you are not sure when you got your second dose, check the date on your vaccine record. Or call your nursing station.

You will be able to get your third dose in your community. You can ask to get it at the nursing station or through Operation Remote Immunity on \_\_\_\_\_ at the \_\_\_\_\_.

If you have more questions about the COVID-19 vaccine, you can talk with a trusted healthcare worker. You can email your questions to [acwinfo@slfnha.com](mailto:acwinfo@slfnha.com). Or you can watch live Facebook Q and A events with Dr. Lloyd Douglas. They happen Wednesdays at 5:00 pm central time. You can ask questions live. Or you can email your questions beforehand to [acwinfo@slfnha.com](mailto:acwinfo@slfnha.com). You can remain anonymous this way.

Please continue to practice all the recommended public health measures. They continue to help stop the spread of COVID-19. And help us all live healthier lives.  
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