

Let's go the last mile!

We once thought that we would cross the pandemic finish line once 70-80% of people were vaccinated. It is clear now that this is not enough. We are now aiming to have more than 90% of people fully vaccinated including booster doses.

Due to the Omicron variants of concern, we see that even fully vaccinated people are getting COVID-19. But we also see that far fewer of them have severe symptoms, and fewer needed hospital or advanced care. COVID-19 vaccination prevents and lowers your risks from COVID-19 infection.

Count yourself in!

If you have not been vaccinated yet, this is an excellent time to re-think your decision.

The Moderna mRNA vaccine is now available for children aged 6 months and older. Children 5-11 can also receive the other mRNA vaccine by Pfizer.

Talk to your doctor first if:

- You have severe allergies
- You have or are being treated for cancer
- You have a weak immune system
- You have had a COVID-19 infection within the past 3 months
- You are 12 - 29 years of age

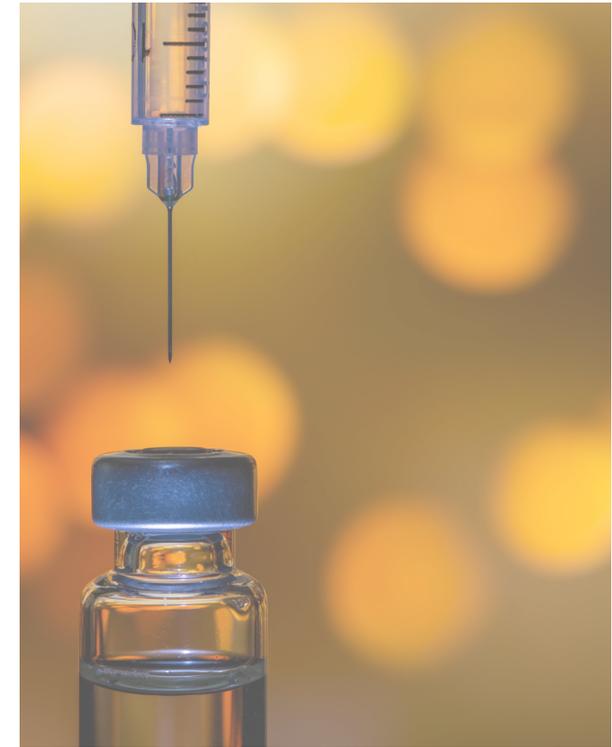
This vaccine is safe at any stage of pregnancy or breastfeeding. It is strongly recommended for these groups.

Keep going with public health measures

Let's keep on working together to protect ourselves and others, and keep up with public health measures to help slow the spread of the virus.

COVID-19 vaccine helps save lives.

This info was updated on July 14, 2022



Moderna Spikevax COVID-19 Vaccine



Sioux Lookout
First Nations
Health Authority

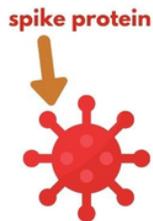
www.slnha.com/covid/

Moderna Vaccine:

Moderna is a one of two mRNA COVID-19 vaccines available in Canada. It is now available for people aged 6 months and older.

How the vaccine works

The vaccine sends a message to your cells with a recipe to make 'spike proteins'. Your immune system responds by making antibodies. The antibodies will destroy cells that have spike proteins. If you are exposed to COVID-19, your immune system will recognize the spike proteins. It will attack and destroy the COVID-19 virus.



How the vaccine is given

It is given by needle in the muscle of your upper arm. You will get the first 2 doses, at least 28 days apart.

Booster doses

Over time, your level of protection decreases. Booster doses help remind your immune system to make more antibodies. A third dose of this vaccine is recommended for people 12 + years of age 84 days after their second dose. It is recommended all adults aged 18 to 59 who had a third shot at least five months ago (or three months since a COVID-19 infection) receive a fourth dose.

12-29 year olds



This vaccine can cause the heart muscle or sac around the heart to be inflamed. This is a rare side effect. It seems that mostly males in this age group are affected a week or so after having the vaccine. This condition can be treated and people do recover. To reduce the risks, the Pfizer mRNA COVID-19 vaccine is recommended for this age group. If you already received Moderna for your first dose(s), consider having the Pfizer COVID-19 vaccine for your next dose(s).

Better for people 70+

The Moderna Spikevax COVID-19 vaccine might offer more protection in people who are 70+, or who have low immunity than Pfizer. It may also induce more of a robust immune response after booster shots for the same groups.

Common side effects

It is common to be sore, red, and swollen in your arm where you got the needle.

Fewer people have tiredness, headache, muscle aches and joint pain, low fever, chills, and swollen lymph nodes in the armpit on the side they got the needle.

These side effects go away on their own in a day or so. If you have more serious side effects after you go home, go to the nursing station right away.

Serious side effects are very rare. Ongoing review of vaccine safety is done by Health Canada. Moderna Spikevax is still safe and effective.