

Information Sheets

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The Project is Funded By:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Learn More

Book COVID-19
Vaccines

[http://bitly.
ws/vWgb](http://bitly.ws/vWgb)

Learn COVID-19
Transportation Services:

[http://bitly.
ws/vWga](http://bitly.ws/vWga)

COVID-19
Awareness Resources

[http://bitly.ws/
vWg8](http://bitly.ws/vWg8)

Vancouver
Coastal Health

bit.ly/111vch

Immunize BC

[immunizebc.
ca/](http://immunizebc.ca/)

Fraser Health

bit.ly/111fhbc

Travel Outside
Canada

[immunizebc.
ca/travellers](http://immunizebc.ca/travellers)

Read Frequently
Asked Questions

[immunizebc.
ca/faq](http://immunizebc.ca/faq)

Plan Vaccination
Timeline

[immunizebc.
ca/who-and-
when](http://immunizebc.ca/who-and-when)



Vaccination Cards:

immunizebc.ca/vaccine-records

HELPFUL TO-DO'S

Discover the transportation services offered in B.C.:

vch.ca/your-care/travel-accommodation-assistance

Transfer past immunization records from home country to B.C.

Find a local health unit to receive vaccinations.

Call 8-1-1 (HealthLinkBC) to speak with a nurse. Interpretations are available.

Get appointment reminders by text:

immunizebc.ca/reminders

Download/print CANImmunize to track all the vaccinations received.

Purpose of Vaccines:



The body is exposed to a weakened or dead pathogen.



The body's immune cells make antibodies to attack the pathogen.



If the body is exposed to the pathogen again, the body will be prepared with antibodies

Vaccines Minimize Risks Against:

- Chickenpox (varicella)
- Diphtheria
- Haemophilus influenzae type b (Hib)
- Hepatitis B
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles
- Meningococcal
- Mumps
- Whooping cough (pertussis)
- Pneumococcal
- Polio
- Rotavirus
- Rubella
- Tetanus
- COVID-19



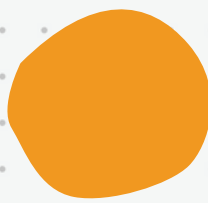
Public Health Practices:


- Washing your hands often
- Coughing/sneezing into inside of elbow, not hands
- Keeping physical distance from others
- Wear face masks in public
- Cleaning and disinfecting home and frequently touched objects/surfaces regularly
- Staying home when you are sick
- Getting tested when you have symptoms

By Getting Vaccinated We:


- Limit the spread of disease
- Build community immunity
- Protect people too sick to vaccinate
- Protect people too young or too old to vaccinate
- Protect those not fully immunized & those who do not get full protection from vaccination
- Strengthen the body's natural immunity
- Protect ourselves against severe outcomes from COVID-19, like hospitalization or death
- Protect our family, friends, classmates, and community from COVID-19

Vaccinations protect the whole community - including protection for those who can't get vaccinated.






COVID-19 Vaccine Side Effects:

- Pain
 - Redness
 - Swelling
 - Tiredness
 - Headache
 - Muscle Pain
 - Fever
 - Chills
 - Nausea
- 

Risks of Not Getting Vaccinated:

- Get/be infected by COVID-19 disease
- With certain underlying medical conditions may be at higher risk of getting very sick
- Multisystem inflammatory syndrome (MIS) is a rare but sometimes severe illness that has been seen in children, youth, and young adults with COVID-19
- Feeling of distress about symptoms

Post COVID-19 Infection

- Continued health issues for long periods of time after the initial illness
 - Mental health challenges
 - Limitation in physical activity
- 

Q's & Facts

Is COVID-19 safe?



- Vaccines were developed safely through scientific research and the latest technologies.
- Every approved vaccine has met Health Canada's strict standards for safety, quality, and effectiveness.

<https://www.alberta.ca/covid19-vaccine-myths-and-facts.aspx>

Does COVID-19 vaccines increase the likelihood of blood clots?



- Blood clots caused by the vaccine are extremely rare. Contracting COVID-19 will increase the chances of blood clots (16.5%) than if you get the vaccine (.0004%).

<https://southlake.ca/wp-content/uploads/2021/04/SL-COVID-19-Myth-Busters-Fact-sheet.pdf>

Will multiple vaccinations increase the risk of negative reactions?



- Research shows that giving multiple vaccines (more than one) at one time is both safe and effective and does not increase side effects.

<https://www.fraserhealth.ca/health-topics-a-to-z/immunizations/immunization-basics/facts-vs-myths>

Will getting COVID-19 vaccines affect my ability to have a baby?



- Multiple studies have shown no evidence that COVID-19 vaccines cause fertility issues.
- A study found no differences in pregnancy success rates among women who had antibodies from COVID-19 vaccines or from a recent COVID-19 infection and women who had no antibodies, including for patients undergoing assisted reproductive technology procedures (e.g., in vitro fertilization).
- A study of more than 2,000 females aged 21-45 years and their partners found that COVID-19 vaccination of either partner did not affect the likelihood of becoming pregnant.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/planning-for-pregnancy.html>

Is natural immunity from being sick better than the immunity from vaccination?



- Getting a COVID-19 vaccine gives most people a high level of protection against COVID-19 and can provide added protection for people who already have COVID-19.
- One study showed that, for people who already had COVID-19, those who do not get vaccinated after their recovery are more than 2 times as likely to get COVID-19 again than those who get fully vaccinated after their recovery.

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

Why do I need to be vaccinated if I can still get COVID after vaccination?



- COVID-19 vaccination will protect most people from getting seriously ill, being hospitalized, or dying from COVID-19.

Stay up to date with the latest facts by visiting Immunize BC, government website, and local health authorities.

Resources For Parents:

Vaccine Timetable:

0-4 Years immunizebc.ca/sites/default/files/docs/vaccine-schedule-infants-children-2021_0.pdf

School Age immunizebc.ca/sites/default/files/docs/vaccine-schedule-school-age-children-2021.pdf

Blank Immunization Card:

immunizebc.ca/sites/default/files/docs/bccdc-childhood-record-card.pdf

Children may benefit from other vaccines that are available for purchase. Speak to your health care provider.

Other Vaccines (e.g. travel, hepatitis A)			
Type of Vaccine	Date given (y/m/d)	Type of Vaccine	Date given (y/m/d)

Influenza (Flu) Vaccine			
Type of Vaccine	Date given (y/m/d)	Type of Vaccine	Date given (y/m/d)

My Notes (e.g. allergy history, vaccine reactions)

For more information:

- Speak to your health care provider
- Visit www.immunizebc.ca
- Call HealthLink BC at 8-1-1

Immunizations Date (y/m/d)

Name _____

Date of Birth _____

Personal Health Number _____

Phone Number _____

This is a permanent record. Keep it in a safe place.

Tetanus, Diphtheria, Pertussis

Meningococcal Quadrivalent Conjugate

Vaccine Schedule Tool

<https://immunizebc.ca/reminder>

Immunizations under B.C.'s routine immunization schedules for infants and children are free at the [local health unit](#). You may have to pay for vaccines given at a doctor's office or pharmacy if you do not have a B.C.'s Medical Service Plan (MSP).

COVID-19 for Ages 5-11

Unvaccinated children ages 5-11 were 1.8 times more likely to be hospitalized than children who were vaccinated with at least one dose of Pfizer.

(BCCDC data from Dec 15, 2021 to Feb 12, 2022)

Health Canada has approved two mRNA vaccines for children (late 2022):

- Moderna (6 months – 11 years old)
- The Pfizer-BioNTech (5 – 11 years old)

The vaccines help protect your child from getting very sick with COVID-19.

Vaccinated children are much less likely to be hospitalized.

Millions of children have been vaccinated safely on smaller doses. Side effects are usually mild and last 1-3 days. Serious reactions are extremely rare and treated quickly.

Register with the Get Vaccinated system. You will be notified when your child is eligible for their first and second dose.

Possible Risks of Serious Illness

- Over 100 children in B.C. have been hospitalized with COVID-19. (BCCDC data as of Feb 2022)
- Children can get severe lung infections and heart issues like myocarditis from COVID-19. Deaths from COVID-19 in children ages 5-11 are rare.
- The chance of getting very sick is higher for children who are not fully vaccinated or have certain medical conditions.

Risks of Long-Term Effects of COVID-19

- Some children's symptoms can last weeks or months after COVID-19.
- Long term symptoms can include headaches, tiredness and weight loss, muscle pain, sleep disturbances, cough and difficulty concentrating.
- Multisystem inflammatory syndrome (MIS-C) is a rare but serious condition that can occur weeks after COVID-19.
- Different organs can become inflamed.
- Most children require hospital care but get better with treatment.



BOOSTERS

How They Work

- A booster dose is an additional dose of vaccine that helps you maintain and lengthen your protection against severe outcomes of COVID-19 as protection decreases over time.
- It is given after completion of a primary series of vaccinations.
- Boosters are common for many vaccines, like the Tdap vaccine (tetanus, diphtheria and pertussis).

Ongoing Need for Vaccination

- Invitations continue to be sent to seniors 60+, Indigenous people 55+ and people who are moderately to severely immunocompromised.
- People in long-term care and assisted living have already been offered their dose.



<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/booster-shots-and-third-doses-for-covid19-vaccines-what-you-need-to-know>



MOSAIC
Engaging Newcomers, Enriching Communities



PICS
www.pics.ca

COVID-19 BOOSTERS

If you haven't had any booster doses, you are:

- Not protected from severe illness related to COVID-19.
- Not up-to-date for best protection.
- If you've had COVID-19, you still need a booster.

Initial Vaccinations

- For most people, their initial vaccination was 2 doses of vaccine.
- In 2021, the 2 doses offered very good protection from COVID-19.
- Over time and with variants like Omicron, 2 doses don't provide enough protection.

Ongoing Vaccinations

As of late 2022:

- Everyone aged 12 and older who already received doses 1 and 2 can get a booster dose 6 months after their initial series.
- If you are pregnant, you can get a booster dose 2 months (8 weeks) after your second dose.
- If you got the Janssen vaccine, you can get a booster 2 months after your vaccine.
- People eligible for a second booster will get their vaccine approximately 4 to 6 months after their first booster.

Language Resources:

English:

[COVID-19 Booster Frequently Asked Questions](#)

[COVID-19: Effectiveness and Benefits of Vaccination](#)

[COVID-19 Vaccine Boosters vs. Third Doses](#)

[Possible Side Effects After Getting a COVID-19 Vaccine](#)

[Booster Shots and Additional Doses for COVID-19 Vaccines](#)

[COVID-19 Vaccines for Children 5 -11 Years Old](#)

[Why Do We Vaccinate?](#)

[A Parent's Guide to Vaccination](#)

[Vaccines for Children \(6 Months - 11 Years Old\)](#)

[COVID-19 Vaccine Safety for Youth \(12-17 Years Old\)](#)

[A Parent's Guide to Vaccination](#)

[3 Reasons to Get Boosters](#)

[Science in 5 \(COVID-19 Articles and Videos\)](#)

[Should My Children Get Vaccinated?](#)

[Websites for Checking Facts](#)

国语 (繁體) Traditional Chinese:

[卑詩省免疫接種時間表成年人、長者與高危人群的免疫接種計畫](#)

[冠状病毒病 \(COVID-19\): 宣传资源](#)

[5-11歲兒童新冠疫苗](#)

[CDC COVID-19 Resources in Traditional Chinese](#)

[World Health Organization Science in 5 \(Chinese Transcripts\)](#)

[Fraser Health COVID-19 Traditional Mandarin Resources](#)

[6 個月大 - 11 歲兒童疫苗](#)

[Immunize.org \(Vaccine Information Statements\)](#)

国语 (简体) Simplified Chinese:

[Fraser Health COVID-19 Simplified Mandarin Resources](#)

[CDC COVID-19 Resources in Simplified Chinese](#)

[5-11岁儿童新冠疫苗](#)

[6 个月大至 11 岁儿童新冠疫苗](#)

[我的孩子应该接种疫苗吗?](#)

[Immunize.org \(Vaccine Information Statements\)](#)

[用于检查事实的网站](#)

国语视频 Chinese Videos:

(国语)疫苗加强剂的重要性

(国语) 如何识别错误的信息

(国语) 疫苗的有效性

网上讲座: COVID-19 Booster Shots (09/10/2021)

网上讲座: 新冠肺炎疫苗 (03/02/2022)

网上讲座: 5-11歲兒童新冠疫苗 (06/25/2022)

粵語視頻 Cantonese Videos:

(粵語) 如何識別錯誤的信息

(粵語) 疫苗的有效性

(粵語) 疫苗加強劑的重要性

網上講座: 新冠肺炎疫情下旅遊須知 (09/01/2022)

網上講座: 新冠肺炎疫苗網上講座 (02/23/2022)

دري (Dari/Farsi) / دري

بیماری ویروس کرونا (کووید 19): منابع آگاهی

منابع به زبان فارسی COVID-19 CDC

واکسیناسیون برای کودکان ۱۱ ماهه الی ۶ ساله

Fraser Health - منابع بیماری کووید ۱۹ -

واکسیناسیون COVID-19 برای کودکان ۱۱ ماهه الی ۵ ساله

علم در پنج - سازمان جهانی بهداشت (بیماری کووید ۱۹)

آیا فرزند من باید واکسینه شود؟

واکسین آب چیچک دری

واکسین فلج اطفال دری

واکسین MMR (سرخکان، کله چرک و سرخکان آلمانی دری

شناسایی اطلاعات نادرست Video:

اهمیت واکسین های تقویت کننده Video:

کارگاه های فارسی (COVID19 03/28/2022) Video:

Effectiveness of Vaccines "Farsi" - اثربخشی واکسین ها Video:

پښتو Pashto:

[3 Reasons to Get Boosters](#)

[Fraser Health COVID-19 Resources](#)

[Immunize.org \(Vaccine Information Statements\)](#)

العربية Arabic:

[بعمر 6 أشهر - 11 | لقاحات الأطفال](#)

[CDC COVID-19 Resources in Arabic](#)

[COVID-19 Vaccines for Children 5 -11 Years Old](#)

[Fraser Health COVID-19 Resources](#)

[3 Reasons to Get Boosters](#)

[World Health Organization Science in 5 \(Arabic Transcripts\)](#)

[هل يجب تطعيم أطفالي؟](#)

[Immunize.org \(Vaccine Information Statements\)](#)

[Video: COVID-19 Booster Shots \(Arabic Sub\)](#)

አማርኛ Amharic:

Fraser Health COVID-19 Resources in Amharic

አማርኛ (ኮቪድ-19)

Immunize.org (Vaccine Information Statements)

ጢግሪንግ Tigrinyan:

ነቶም 5-11 ዓመት ዝዕድሚኦም ቁልዑ ዝኸውን ክታበት ኮቪድ-19

Fraser Health COVID-19 Resources in Tigrinyan

CDC COVID-19 Resources in Tigrinyan

ደቀይ ክታበት ክኸተቡ ኣለዎምዶ?

Immunize.org (Vaccine Information Statements)

اردو Urdu:

3 Reasons to Get Boosters

Fraser Health COVID-19 Resources in Urdu

ا ویکسین کے بعد پنی COVID-19 کی

کینیڈا میں ویکسین کی تخلیق اور منظوری

Immunize.org (Vaccine Information Statements)

Websites for Checking Facts

हिंदी Hindi:

5-11 साल के बच्चों के लिए कोविड-19 वैक्सीन

Fraser Health COVID-19 Resources in Hindi

कोविड-19 के लिए टीकाकरण कैसे करवाएं

कोविड-19 mRNA वैक्सीन

COVID-19 के लिए ईसा पूर्व की प्रतिक्रिया

CDC COVID-19 Resources in Hindi

World Health Organization Science in 5 (Arabic Transcripts)

क्या COVID-19 वैक्सीन ब्रांडों को मिलाना ठीक है?

अपने COVID-19 के टीके के बाद

कनाडा में वैक्सीन विकास और अनुमोदन

Immunize.org (Vaccine Information Statements)

Websites for Checking Facts

தமிழ் Tamil:

COVID-19 தடுப்பூசிகளைப் பற்றிய உண்மைகள்

கீழே பட்டியலிடப்பட்டுள்ள ஆதார வளங்கள் தமிழில் உள்ளன

Tamil - Google Drive

ਪੰਜਾਬੀ (Punjabi Gurmukhi)

5 ਤੋਂ 11 ਸਾਲ ਦੀ ਉਮਰ ਦੇ ਬੱਚਿਆਂ ਲਈ ਕੋਵਿਡ-19 ਵੈਕਸੀਨ

Fraser Health COVID-19 Resources in Punjabi

ਕੋਵਿਡ-19 ਲਈ ਟੀਕਾਕਰਣ ਕਿਵੇਂ ਕਰਾਈਏ

COVID-19 mRNA Vaccines

ਬੀ.ਸੀ. ਦੀ ਕੋਵਿਡ-19 ਪ੍ਰਤੀਕਿਰਿਆ

CDC COVID-19 Resources in Punjabi

3 Reasons to Get Boosters

ਕੀ ਮੇਰੇ ਬੱਚਿਆਂ ਨੂੰ ਟੀਕਾਕਰਣ ਕਰਵਾਉਣਾ ਚਾਹੀਦਾ ਹੈ?

ਕੀ ਅਲੱਗ-ਅਲੱਗ ਕੰਪਨੀਆਂ ਦੇ ਕੋਵਿਡ-19 ਵੈਕਸੀਨ ਨੂੰ ਲਗਾਉਣਾ ਠੀਕ ਹੈ?

Immunize.org (Vaccine Information Statements)

Websites for Checking Facts

ਪੰਜਾਬੀ (Punjabi: Shamukhi)

3 Reasons to Get Boosters