COVID-19 Vaccine Safety

Vaccines save lives

- Vaccines are one of the best ways to stop the spread of infectious diseases like COVID-19.
- Vaccines help us protect ourselves, our families, and others around us.
- COVID-19 vaccine can help us make our communities safer, start to resume our normal lives and end the pandemic.

Vaccine Safety

- COVID-19 vaccines are **safe and effective.** They have been fully tested, evaluated and reviewed. A vaccine is only approved by Health Canada if it is safe, it works, it meets manufacturing standards, and the benefits outweigh any risks.

- Vaccine is given by a needle in the upper arm, similar to a flu shot. **You cannot get COVID-19 from the vaccine.** It does not contain the actual virus.

- **People who are vaccinated may experience mild side effects.** They are minimal for most people (localized pain, redness or swelling at the injection site, mild fever or headache) and should go away in a few days.

- Worldwide, **tens of millions of people have already received COVID-19 vaccine.** Adverse reactions are uncommon and are always tracked, monitored and reported by public health. In Canada, only a handful of unexpected reactions have been reported. [potential hyperlink: https://health-infobase.canada.ca/covid-19/vaccine-safety/]

- Vaccination is recommended even if you've had COVID-19. I**t is no longer a requirement to wait 90 days post-recovery.** As long as you are recovered/no longer infectious you are able to be vaccinated.

- If someone receives vaccine and then tests positive, they were likely exposed in the previous 14 days and were in the incubation period. COVID vaccines are not live vaccines and cannot cause the disease. The person's second dose would be delayed until they recover.

- **Vaccination is voluntary,** but is important to help keep individuals, loved ones and communities safer from COVID-19. Our most vulnerable people can be protected by **"herd immunity",** which is when widespread immunity to an infectious disease develops in a population.

- Even after COVID-19 vaccination, we all need to continue masking, hand-washing and physical distancing. **Public Health Orders and safety measures must still be followed.** Building up immunity takes time.

More Information

- Saskatchewan's COVID-19 pandemic response: https://www.saskatchewan.ca/COVID19

- Canada's vaccination process: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/know-vaccine.html

- Information in English, French, Cree, Dene, Michif and other languages can be found at Canada.ca.

Saskatchewan