

## COVID-19 Vaccines for Staff at Community Living Toronto

Community Living Toronto will very soon have access to COVID-19 vaccines for staff and individuals in support. We are thrilled to have priority access to this critically important medication.

### What do I need to do?

To receive the vaccine, all you need to do is complete the attached Ministry of Health Screening Questionnaire and consent form by February 22, 2021 and complete the online survey on our COVID-19 Vaccine website. You do NOT need to return the form, but you will need to show it to the health practitioner giving you your shot. Please keep it safe. This form and the rest of this package is also available online at on our COVID-19 Vaccine website.

### What is the COVID-19 Vaccine?

- Health Canada has approved two COVID-19 vaccines – Pfizer-BioNTech and Moderna.
- Both vaccines are safe and being used all over the world to vaccinate people after intensive study and clinical trials. Thousands of shots have already been given all over Ontario.
- Both vaccines are administered using two shots 21-28 days apart depending on which you receive.
- The benefits of getting your vaccine greatly outweigh the risks, as many more illnesses and deaths would occur without them.
- Though COVID-19 is relatively new, the science behind these new vaccines is based on more than a decade of research.

### How do the vaccines work?

- Both vaccines use mRNA technology. This means that instructions in molecules called mRNA generate a coronavirus protein that stimulates the body's natural immune system, helping your body to fight off a potential infection and prevent you from getting sick.
- Neither vaccine contains the virus itself and cannot cause a COVID-19 infection.

### Are there side effects?

Like the flu shot and many other medications, some people may experience some redness and soreness at the injection site. You may also experience other side effects, including fatigue, headache, muscle pain, or chills. The most common side effects were mild or moderate and were resolved within a few days of receiving the shot. You will be monitored for about 15 minutes after you receive your shot to make sure you are doing well.

### Who should NOT receive the vaccine?

Please consult your doctor if you fall under any of these categories. The vaccine may still be right for you.

- People who have had a severe allergic reaction (anaphylaxis) to an mRNA vaccine or components like polyethylene glycol (PEG) or polysorbate.
- People experiencing COVID-19 symptoms or those with confirmed or suspected infections.
- Anyone who has received a different vaccine in the last two weeks.
- Anyone under the recommended age – 16 for Pfizer and 18 for Moderna.
- People who are breastfeeding or pregnant.

Visit the [COVID-19 Vaccine](#) page on the CLTO website for additional resources and important updates. If you have any questions or concerns, please contact your supervisor, manager, or email [covid19.vaccine@cltoronto.ca](mailto:covid19.vaccine@cltoronto.ca)

