



Health and Wellness

Health PEI

COVID-19 Vaccine Information Sheet Moderna COVID-19 Vaccine (mRNA-1273 SARS-CoV-2 vaccine)

Please read this information sheet carefully and ensure all your questions have been answered by a health care provider before receiving the vaccine.

What is COVID-19?

- COVID-19 is an infectious disease caused by a new coronavirus (SARS-CoV-2). COVID-19 was recognized for the first time in December 2019 and has since spread around the world to cause a pandemic. The virus that causes COVID-19 is mainly passed from an infected person to others when the infected person coughs, sneezes, sings, talks or breathes. It is important to note that infected people can spread the infection even if they have no symptoms.
- [Symptoms of COVID-19](#) can include cough, shortness of breath, fever, chills, tiredness and loss of smell or taste. Some people infected with the virus have no symptoms at all, while others have symptoms that range from mild to severe.

How does the Moderna vaccine protect against COVID-19?

- The vaccine causes our body to produce protection (such as **antibodies**) to help keep us from becoming sick if we are exposed to the COVID-19 virus. The vaccine uses a new method called messenger RNA (mRNA) to help our body make protection against the virus.
- The vaccine was shown to work very well at preventing people from becoming sick with COVID-19. The immunized group of people was much less likely (94% less likely) to become sick with COVID-19 in the weeks after vaccination compared to the group that did not receive the vaccine.

Who can and cannot receive the COVID-19 vaccine at this time?

- This vaccine should not be offered to the following groups with contraindications, including:
 - If you have had a serious or allergic reaction to your last COVID-19 vaccine, you should not be vaccinated until it is determined to be safe by an allergist or other health care provider.
 - Proven immediate or anaphylactic hypersensitivity to the vaccine or one of its ingredients
 - If you have been told you are allergic to polyethylene glycol (PEG)* or have had an allergic reaction from an unknown cause, you should not be vaccinated until it is determined to be safe by an allergist or other health care provider.
 - You should not be vaccinated if you have any symptoms that could be due to COVID-19 so that you do not spread infection to others.

* Polyethylene glycol (PEG) can rarely cause allergic reactions and is found in products such as medications, bowel preparation products for colonoscopy, laxatives, cough syrups, cosmetics, skin creams, medical products used on the skin and during operations, toothpaste, contact lenses and contact lens solution. PEG also can be found in foods or drinks, but is not known to cause allergic reactions from foods or drinks.

- If you received another vaccine (not a COVID-19 vaccine) in the past 14 days, it is best to wait 2 weeks from that last vaccine to receive your COVID-19 vaccine.
- The vaccine has not been studied well enough in people in the following groups. These people may be offered vaccine if the benefits outweigh the risks. Those who are at high risk of exposure to COVID-19 infection and/or of developing severe disease should discuss these risks with their health care provider to make a decision about vaccination.
 - Immune suppressed people (due to disease or treatment) or to those with an auto-immune disorder;
 - Pregnant or breastfeeding women; and
 - Children less than 18 years of age.

Please tell the health care provider if:

- **You have fainted or felt faint after receiving past vaccines or medical procedures.** Your health care provider may recommend that you receive the vaccine lying down to prevent fainting.
- **You have a bleeding disorder or are taking medication that could affect blood clotting.** This information will help the health care provider prevent bleeding or bruising from the needle.

How is the vaccine administered?

The vaccine is given as a needle in the upper arm and will require two doses given 28 days apart.

What are the risks of the vaccine?

- In a large study, people who received the Moderna vaccine were monitored for at least two months and no serious side effects have been found to-date. People who have received the vaccine in studies continue to be monitored for any longer term side effects.
- Side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for about one to three days; they will go away on their own. These types of side effects are expected and can indicate the vaccine is working to produce protection.
- In the study, side effects included one or more of the following:
 - pain, redness or swelling where the needle was given
 - tiredness
 - headache
 - muscle pain
 - joint pain
 - nausea / vomiting
 - chills
 - fever
 - enlarged lymph nodes (swollen glands) in the underarm.
- Rarely allergic reactions can occur after receiving a vaccine. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage an allergic reaction should it occur. Seek immediate medical care if you develop any of these symptoms.
- It is important to note that **you cannot get COVID-19 infection from the vaccine.**

What measures have been put in place to safely provide immunizations during COVID-19?

Health care providers are being very careful to prevent the spread of COVID-19 when offering immunizations. Examples of extra safety measures include the following:

- You will be asked about [any COVID-19 symptoms](#) when you arrive at the clinic. People with symptoms of COVID-19 should not attend the clinic.
- You will be asked to wear a mask while at the clinic, as well as to clean your hands, and to stay at least 2 metres (6 feet) from others (except those you live with).
- The staff will also be wearing personal protective equipment and will be cleaning their hands before and after each client.
- Other measures may also be put in place in clinics. Be sure to read and follow any signs or instructions provided.
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After Care Information - Moderna

What should you do after receiving the vaccine?

- **Wait for at least 15 minutes** after receiving your vaccine. Longer waiting times of 30 minutes may be recommended if there is concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these events should they occur.
- **Inform a health care provider** at the clinic if you feel unwell while waiting.
- Be sure to **leave your mask on** if at all possible and **remain at least 2 metres away** from anyone not part of your household.
- Use the **alcohol-based hand rub to clean your hands** before leaving the clinic.
- **Do not operate a vehicle** or other form of transportation for at least 15 to 30 minutes after being vaccinated or if you are feeling unwell.
- **Once you leave the clinic, call 9-1-1 right away if you develop any serious symptoms or symptoms of an allergic reaction** such as hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. Inform your health care provider of any concerning side effects after receiving the vaccine.
- **Continue to follow the recommendations of local public health officials** to prevent spread of COVID-19, which includes wearing a mask, staying at least 2 metres from others and limiting / avoiding contact with others outside your household.
- **Do not receive any other vaccines (except for your second COVID-19 vaccine)** until you have received both doses of the COVID-19 vaccines and at least 28 days have passed after the second dose.

What should I expect in the next few days?

- Side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for a day or two; they will go away on their own.
 - The most common side effect is pain where the needle was given; swelling where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
 - Other symptoms may include tiredness, headache, muscle pain, joint pain, chills or fever. Enlarged lymph nodes (swollen glands) that last for several days may also occur.
 - If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever. Check with your health care provider if you need advice about medication.
- Any serious side effects after vaccination should be reported to your local public health department.
- If you have any concerns about the symptoms you develop after receiving the vaccine, contact your health care provider for advice.
- If you still need to receive your second dose, tell the person providing the second dose about any side effects you experienced.

When should I return for my second dose of vaccine?

- Return for your second dose of the Moderna vaccine in 28 days. It is very important to receive the second dose for the vaccine to work well. Make an appointment or follow the instructions of the health care provider to ensure you receive the second dose at the right time and with the vaccine (and not another COVID-19 vaccine).

Things to remember;

- Keep this sheet or other immunization record in a safe place. You can also download the [CANimmunize](#) app to keep track of this and other vaccines.

IMMUNIZATION RECORD for Moderna COVID-19 Vaccine (COVID-19 mRNA vaccine) (0.5 ml)

Dose #1	Date	Dose #2	Date