

PROTECTING OUR HOME FIRES VACCINE FACT SHEET

Dangerous misinformation about receiving the mRNA COVID-19 vaccine has been spreading, it is important to distinguish between false and accurate information to keep you and your loved ones safe.

USE TRUSTED
SOURCES OF
INFORMATION
FOR COVID-19

THERE ARE
TWO COVID-19
VACCINES
CURRENTLY
APPROVED IN
CANADA

VACCINES
PREVENT
DISEASE AND
IMPROVE
HEALTH
OUTCOMES

VACCINES ARE
SAFE AND
EFFECTIVE



THE COVID-19
VACCINE HAS
NOT BEEN
RUSHED.

THE COVID-19
VACCINE WILL
NOT ALTER
YOUR DNA

THE COVID-19
VACCINE IS
TESTED FOR
SAFETY AND
EFFICACY.

THE COVID-19
VACCINE DOES
NOT INFECT
YOU WITH
COVID-19

IT IS POSSIBLE
TO GET
REINFECTED
WITH COVID-19

MMS HAS BEEN
FALSELY
ADVERTISED AS
A CURE OR
TREATMENT FOR
COVID-19



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TALK TO YOUR DOCTOR BEFORE YOU GET YOUR VACCINE IF YOU HAVE ANY OF THE FOLLOWING:

- have any allergies
- have a fever
- have a bleeding disorder or are on a blood thinner
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant or plan to become pregnant
- are breastfeeding
- have received another COVID-19 vaccine

WHO SHOULD *NOT* GET THE COVID-19 VACCINE?

- had a severe allergic reaction after a previous dose of this vaccine
- had a severe allergic reaction to any ingredient of this vaccine (see ingredients below).



THERE ARE TWO COVID-19 VACCINES CURRENTLY APPROVED IN CANADA.

Currently, there are two COVID-19 vaccines approved for use in Canada. They are the 1) Pfizer-BioNTech and 2) Moderna COVID-19 vaccines. Despite having slightly different ingredients, both Pfizer-BioNTech and Moderna are mRNA vaccines and they protect against COVID-19 in the same manner. The Pfizer-BioNTech vaccine includes mRNA, lipids, potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dihydrate, and sucrose (Pfizer-BioNTech, 2020). The Moderna vaccine includes mRNA, 1,2-distearoyl-sn-glycero-3-phosphocholine, acetic acid, cholesterol, lipid SM-102, polyethylene glycol 2000 DMG, sodium acetate, sucrose, tromethamine, tromethamine hydrochloride, and water (Government of Canada, 2021).

VACCINES PREVENT DISEASE AND IMPROVE HEALTH OUTCOMES.

What are vaccines? Vaccines are products developed to protect people from dangerous and infectious disease, and unlike medicines that TREAT an illness after we become sick, vaccines work to PREVENT them entirely (ImmunizeBC, 2020).

Even though we have made great advances in medical technology, 1.5 million children die annually from vaccine-preventable diseases (WHO, 2017).

VACCINES ARE SAFE AND EFFECTIVE.

Are vaccines safe? Not only are vaccines safe, but they are effective against infectious diseases. A century ago, infectious diseases were the leading cause of death worldwide (Immunize Canada, 2020). Since the development and implementation of Canada's current immunization program, infectious diseases are responsible for less than 5% of all deaths (Immunize Canada, 2020).

Incidence of diseases like Polio, Tetanus, Influenza, Hepatitis B, Hepatitis A, Rubella, Measles, Whooping cough, and the Mumps have all been greatly reduced with the help of vaccines (CDC, 2019).

THE COVID-19 VACCINE WILL NOT ALTER YOUR DNA.

Receiving the mRNA COVID-19 vaccine will NOT change your DNA or genetic makeup (CDC, 2020). mRNA is a molecule that helps to build proteins in your body, it is not able to enter the nucleus of the cell (where DNA is stored), therefore it cannot alter or modify your DNA (CDC, 2020).

Our cells use the mRNA as an instruction manual to help build our body's natural immune response to COVID-19 without infection of the respiratory illness (CDC, 2020).

THE COVID-19 VACCINE DOES NOT INFECT YOU WITH THE CORONAVIRUS.

Similar to other vaccines like the MMR vaccine, COVID-19 vaccines do NOT use the live virus that causes COVID-19 (Mayo Clinic, 2021). Since the COVID-19 vaccines do not use live virus, individuals who are vaccinated will NOT get COVID-19.

MIRACLE MINERAL SOLUTION (MMS) HAS BEEN FALSELY ADVERTISED AS A CURE OR TREATMENT FOR COVID-19.

MMS is chlorine dioxide, which is an industrial bleaching agent that can cause serious and life-threatening conditions such as nausea, vomiting, diarrhea, low blood pressure and dehydration (FDA, 2019). MMS and other similar products have not been proven to be safe OR effective for treating any illness or health condition (FDA, 2019).

IT IS POSSIBLE TO GET REINFECTED WITH COVID-19.

It is possible to get reinfected with COVID-19, making vaccination important for all community members.



THE COVID-19 VACCINE IS TESTED FOR SAFETY.

Similar to other vaccines, the COVID-19 vaccine must undergo strict clinical trials and safety monitoring before it is approved for public use (CDC, 2020). Clinical trials are used to evaluate the safety and efficacy of the vaccine in human volunteers (CDC, 2020). A vaccine is only approved for public use once it has achieved the necessary safety and efficacy set by governmental health departments (CDC, 2020). Following clinical trials, the Pfizer-BioNTech COVID-19 vaccine was 95% effective at preventing COVID-19 in individuals without prior exposure to the virus (CDC, 2021). The Pfizer-BioNTech clinical trials included participants from several racial and ethnic categories comprising: 81.9% White, 26.2% Hispanic/Latino, 9.8% African American, 4.4% Asian, and <3% other races/ethnicities (CDC, 2021). The participants were 50.6% male and 49.9% female, with 21.4% of clinical trial volunteers being older than the age of 65 (CDC, 2021). The three most common underlying medical conditions of participants were obesity, diabetes and pulmonary disease at 35.1%, 8.4% and 7.8%, respectively (CDC, 2021). The COVID-19 vaccine will continue to undergo monitoring to assess any adverse events, further ensuring its safety for public use (CDC, 2020).

THE COVID-19 VACCINE HAS NOT BEEN RUSHED.

Despite the common misconception that vaccines require several years to be properly formulated and undergo the required safety and efficacy testing, the COVID-19 vaccine has NOT been rushed. While it is true that under normal circumstances, vaccines can take years to create, this lengthy timeline is not related to the safety of the vaccine but instead barriers such as participant recruitment and funding (Meyerowitz-Katz, 2020).

The COVID-19 pandemic has been anything but normal. High infection rates, a large volume of participants for clinical trials and significant funding has allowed scientists to avoid the usual financial and administrative obstacles that can add years to vaccine development and production, which has ultimately helped to fast track the COVID-19 vaccine (Meyerowitz-Katz, 2020).

USE TRUSTED SOURCES OF INFORMATION FOR COVID-19.

Social media, friends, and family members are not reputable sources to use for vaccine or COVID-19 information. Please see a list of resources below for your reference.

GOVERNMENT OF SASKATCHEWAN - COVID-19 VACCINE INFORMATION
<http://bit.ly/3pVjmqK>

CDC - FACTS ABOUT COVID-19 VACCINES
<https://bit.ly/2K8eNcU>

WHO - EMBRACE THE FACTS ABOUT VACCINES, NOT THE MYTHS
<https://bit.ly/39TakWb>

GOVERNMENT OF CANADA - VACCINE ACCEPTANCE, HESITANCY AND REFUSAL IN CANADA: CHALLENGES AND POTENTIAL APPROACHES
<https://bit.ly/2ItfGw7>

THE POSSIBLE SIDE EFFECTS OF THE COVID-19 VACCINES ARE SIMILAR TO OTHER VACCINES.

There are possible side effects associated with the COVID-19 vaccines, however they are similar to many other approved and effective vaccines. The possible side effects that were observed in clinical trials were mild or moderate and include: pain, swelling or redness at the site of injection, body chills, fatigue, feeling feverish, muscle pain, joint pain, headache, feeling unwell and swollen lymph nodes (Pfizer-BioNTech, 2020; Government of Canada, 2021). Although it is rare, the most serious side effect of any vaccination is an allergic reaction (Government of Canada, 2021). Please speak with your healthcare provider and/or the individual administering the vaccine about any serious allergies prior to being vaccinated.

COVID-19 Vaccine Information, Government of Saskatchewan, 2021,
www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-vaccine/covid-19-vaccine-information.

