



COVID-19 Vaccine Information Sheet for School Immunization (must be 12 years of age at time of immunization)

Read this carefully and if you have any questions you may contact your health care provider.

What is COVID-19?

- The virus that causes COVID-19 is passed from an infected person to others when the person coughs, sneezes, sings, talks or breathes. Infected people can spread the infection even if they **do not** have symptoms.
- [Symptoms](#) can include cough, shortness of breath, fever, chills, tiredness, and loss of smell or taste.

How does the COVID-19 vaccine protect against COVID-19 infection?

- The vaccine helps the body produce **antibodies** to prevent you from becoming sick if you are exposed to the COVID-19 virus.
- **Two** doses of the mRNA COVID-19 vaccine can be 86%-95% effective at protecting against illness. It is important to receive both doses of the vaccine to ensure optimal protection
- The vaccine does not contain the virus so **you cannot get COVID-19 infection from the vaccine.**

Who can and cannot receive the COVID-19 vaccine?

- You should not be vaccinated if you are **feeling unwell**, or had a serious **allergic reaction to a previous dose of a COVID-19 vaccine**, or you are **allergic to polyethylene glycol (PEG) or Tromethamine.**
- If you received another vaccine (not a COVID-19 vaccine) in the past 14 days, you will be advised to wait two weeks from that date before you receive your COVID-19 vaccine.

**If your child is immunocompromised or has an autoimmune disorder you can discuss vaccination with their health care provider or review the COVID-19 vaccine information page at www.gov.nl.ca/covid-19/vaccine

Tell the health care provider if the person receiving the vaccine:

- Has fainted or felt faint after receiving past vaccines or medical procedures.
- Has a bleeding disorder or is taking medication that could affect blood clotting.

What are the side effects of the vaccine?

Side effects are expected and can indicate the vaccine is working to protect you from COVID-19 infection. Side effects can develop in the days following the vaccination and can include one or more of the following:

- Pain, tenderness, and swelling where the needle was given (upper arm usually)
- Tiredness
- Headache
- Muscle pain or Joint pain
- Nausea/vomiting/diarrhea
- Chills or Fever
- Enlarged lymph nodes (swollen glands)
- Dizziness, decreased appetite, excessive sweating, itchy skin or rash

Allergic reactions are rare but can happen after receiving a vaccine. The health care providers at your school are prepared to manage an allergic reaction should it occur. 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