



Make an informed choice about COVID-19 vaccines and take care of your mind, body, emotions, spirit and community.

EMOTIONS:

Reflect on your feelings about the vaccines and understand more about why some people may feel hesitant about getting the vaccine.

COVID-19 Vaccine Frequently Asked Questions Emotions – Sharing feelings about vaccines



Who can I talk to if I am feeling worried about getting the vaccine?

It is helpful to talk to someone that you trust about what you're feeling with COVID-19 vaccines. You can talk to a trusted family member, an Elder, a community member working with any of this region's Indigenous services, or your healthcare provider.

Talking and sharing is a helpful place to start if you are feeling worried about getting the vaccine.

If you are ever feeling like you need to talk to someone right away about your feelings around the vaccine or any mental health needs with the pandemic, you can call the Hope for Wellness Helpline or online chat: 1-855-242-3310 or www.hopeforwellness.ca

I am having a disagreement with a loved one, how can I help them learn more about the vaccine?

Many people in Canada agree that vaccines are an important part of preventative healthcare. Lots of people get annual flu shots which have been helpful to keep them healthy. Every adult must make the decision that is best for them with the information that is available. You can provide your loved one with up-to-date vaccine information using our FAQ series.

How do I know that I can trust the vaccine?

The vaccines available in Canada have undergone rigorous testing. Tests show the vaccines are around 95% effective after both doses have been given. Indigenous health care service providers across the country strongly recommend Indigenous adults receive the vaccine.



What is “vaccine hesitancy?”

Vaccine hesitancy means feeling unsure about getting the vaccine. It is understandable for Indigenous people to lack trust in Westernized medical care. Negative past experiences can make some people feel worried about getting the vaccine. Some may feel unsure for other reasons. Talk to an Elder, someone you trust, or your healthcare provider, about what you're feeling. Make a decision that is best for you using accurate information about the vaccine.

What are some ways I can build a safer space for myself to get the vaccine?

Self-care before and after getting the vaccine is important to ensure you feel safe and ready to get both of your doses. Scheduling some time to do a personal activity you enjoy as a reward for taking care of your health can be helpful. Virtually connecting with a safe person and talking about your experience, your hesitations, and your thoughts about the vaccine can also be helpful. You have the right to ask questions before and after receiving the vaccine.

EMOTIONS

