



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

**MIND:**

**Learn about the vaccine and how the vaccine works to make an informed decision.**

## COVID-19 Vaccine Frequently Asked Questions Mind – Learning about the vaccines



### ***Who can get the COVID-19 vaccine?***

All Indigenous adults age 16 and older are part of the Phase 1 Vaccine Roll-out. Adult household members aged 16 and older (non-Indigenous) are eligible to get the vaccine.

In **York Region** Indigenous adults **18 or older** and non-Indigenous household members can get the vaccine.

### ***How do the COVID-19 vaccines work?***

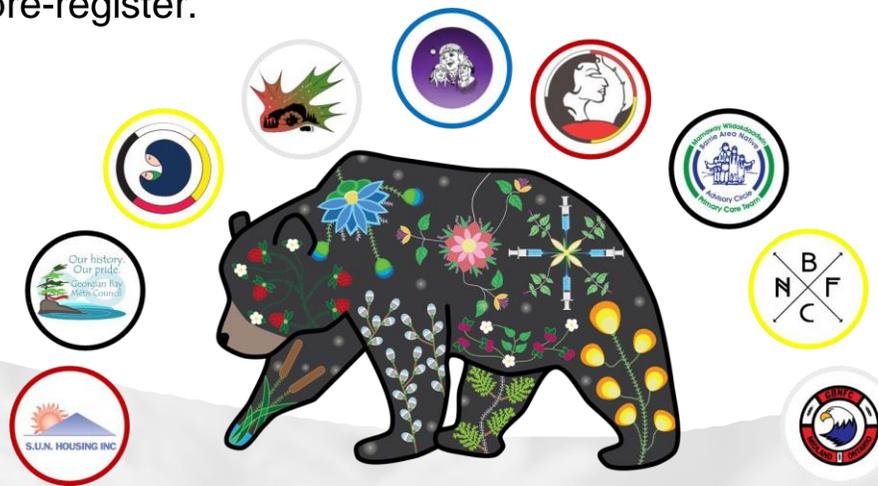
A vaccine tells your body how to make a harmless piece of a virus so that your body can start building antibodies to fight the real virus if you contact it. The COVID-19 vaccine tells your body how to make a harmless protein that is found in the real virus. To build immunity, you must get two doses of the vaccine spaced apart.

### ***Where can I get the COVID-19 vaccine?***

Indigenous community members who are 16 or older and non-Indigenous adults living in the same household have **2 options** for getting their COVID-19 vaccine.

One option is to get the vaccine at an Indigenous vaccine clinic. These clinics are offered in different locations in the region on specific days. To learn more about scheduled clinics, visit [www.Mamaway.ca](http://www.Mamaway.ca)

Another option is to book an appointment at a mass immunization clinic offered by the health unit. These clinics are offered throughout the region. The first step to book one of these appointments is to pre-register.



### ***Why should I get a COVID-19 vaccine?***

A vaccine is the only foreseeable way to end the COVID-19 pandemic. The pandemic will not end until the majority of people are vaccinated.

While the vaccine will protect each of us individually, the biggest goal of a vaccine program is to immunize most of the population so that COVID-19 can no longer spread. The percentage of people that need to be vaccinated depends on how infectious the disease is and how effective the vaccine is at preventing spread of the disease. The sooner a majority of people are vaccinated, the sooner our lives can return to normal.

### ***Are the COVID-19 vaccines safe?***

Yes. Only vaccines that are approved by Health Canada and are deemed safe will be available in Ontario. Health Canada rigorously reviews all new vaccines before approving them for use.

### ***What was the approval process for the vaccine?***

Canada's best independent scientists thoroughly reviewed all the data before approving the vaccines as safe and effective for Canadians. All safety steps were followed in approving these vaccines. The development of the COVID-19 vaccines progressed quickly for several reasons including: reduced time delays in the vaccine approval process, quick adaptation of existing research programs, international collaboration among scientists and governments, increased dedicated funding and quick recruitment of clinical trial participants.

### ***Should I be worried about a vaccine that was developed so quickly?***

No. Only vaccines that Health Canada has approved and determined are safe and effective can be administered in Canada. These vaccines were developed faster than before because of the never-before seen levels of collaboration and funding invested in this effort around the world.

### ***Is the COVID-19 Vaccine the same as the flu vaccine?***

The COVID-19 Vaccine and the Flu Vaccine are very different and you can't directly compare them to each other. They each target a different virus. Flu vaccines are for the influenza virus, and the COVID-19 vaccine is for virus that causes COVID-19.

