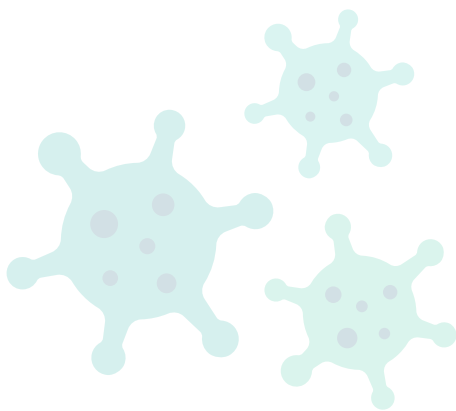
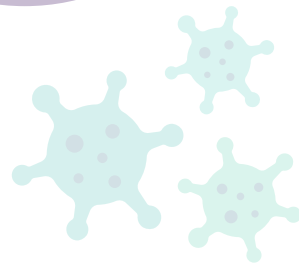
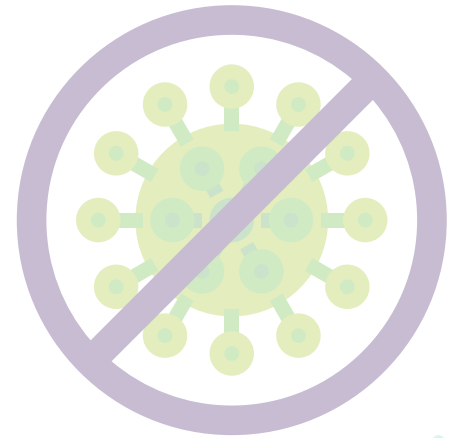


Your safety is our priority.

WHAT YOU NEED TO KNOW ABOUT THE COVID-19 VACCINE



PROTECT YOURSELF, GET THE COVID-19 VACCINE



A vaccine is now available publicly that is expected to significantly reduce the risk of infection from COVID-19. The Mohawk Council of Akwesasne began the vaccine distribution at the long-term care facilities. It will now be open to first responders, and frontline workers (ie. health care personnel). The vaccine is expected to become more readily available to the general public in spring 2021.

Here are some things to consider when you contemplate receiving the vaccine when it is available to you. The most important part is that it can help protect you and those around you from COVID-19.



IT'S SAFE.

The vaccines that were approved for release under these emergency conditions have data proving it is safe and that it meets or exceeds minimum efficacy thresholds.



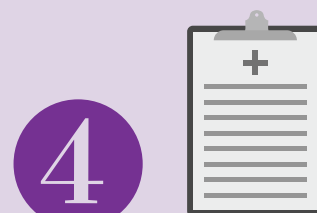
IT'S EFFECTIVE.

The vaccines that are on the market are up to 95% effective. This vaccine is one of the most effective ways to prevent getting COVID-19 and may help you from getting seriously ill even if you get the virus.



IT'S FREE!

When the vaccine becomes available to the public, anyone individual who resides, works or attends school in the three districts will be able to receive the vaccine directly through the MCA.



MINIMAL SIDE EFFECTS

More than 70,000 people who voluntarily received the vaccine in clinical trials had very low rates of side effects. Most common are sore arms at the injection site, and fever or body aches.

COVID-19 VACCINE PRE-REGISTRATION

The MCA Department of Health (DOH) is reminding the community that **pre-registration for the COVID-19 vaccine is open.**

Vaccine supply is limited, so reserve your spot for the community vaccine clinic by pre-registering as soon as possible. *The initial roll out of the vaccine has been completed, with the long-term care residents and staff having received the first dose.*

The next phases of the vaccine will be administered in the following order:

- Essential frontline staff (healthcare workers, first responders, etc.),
- Community elders,
- General community.

Akwesasronon residing within the City of Cornwall **will be eligible** to pre-register for the COVID-19 vaccine.

There currently is not an anticipated date for the community vaccine clinic, as the DOH depends on the shipment of the vaccine to arrive from Eastern Ontario Health Unit.

To pre-register for the COVID-19 vaccine, please call 613-575-2341 ext. 3219 (Jamie Cole) or ext. 3247 (Stephanie Buckshot). When calling, a brief questionnaire will be conducted.

COVID-19 VACCINE PRE-REGISTRATION

THE DEPARTMENT OF HEALTH IS CURRENTLY AWAITING VACCINE SHIPMENTS FROM THE EASTERN ONTARIO HEALTH UNIT.

SUPPLY IS LIMITED, SO RESERVE YOUR SPOT FOR THE COMMUNITY VACCINE CLINIC BY PRE-REGISTERING AS SOON AS POSSIBLE.

PRE-REGISTRATION ASSISTS WITH THE CLINIC PLANNING PROCESS.

**TO REGISTER, PLEASE CALL
613-575-2341
EXT. 3219 OR EXT. 3247**



BEFORE YOUR COVID-19 VACCINE APPOINTMENT

WHAT DO I NEED TO PREPARE FOR MY APPOINTMENT?



Take your regular medication and eat meals as usual.



Do not wear any scented products.



Wear a loose fitting top or t-shirt allowing easy access to the arm for vaccination.



Do not arrive more than 10 minutes before your appointment, to avoid crowding.

If you are taking a prescribed medication, or have had an immediate allergic reaction to any other vaccines, please consult with your primary caregiver prior to your vaccine appointment. Your healthcare provider will advise you on the necessary steps.

**IF YOU HAVE SYMPTOMS OF COVID-19,
DO NOT ENTER THE VACCINE CLINIC/LOCATION.
CALL YOUR HEALTHCARE PROVIDER AND FOLLOW INSTRUCTIONS.**

WHAT CAN I EXPECT WHEN I ARRIVE TO MY APPOINTMENT?



Public health measures will be implemented. Health care providers, patients and staff will be expected to follow all public health measures.



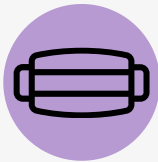
You will be expected to provide your photo ID to confirm appointment.

BEFORE YOUR COVID-19 VACCINE APPOINTMENT

WHAT CAN I EXPECT WHEN I ARRIVE TO MY APPOINTMENT?



You will be asked to complete a COVID-19 screening.



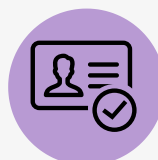
You will be expected to: wear a mask throughout the duration of your appointment, practice physical distancing, and sanitize your hands.



You will be asked to stay 15-30 minutes after immunization to monitor any adverse affects.

**IF YOU HAVE QUESTIONS PRIOR TO YOUR APPOINTMENT,
PLEASE CONTACT THE COMMUNITY HEALTH PROGRAM AT 613-575-2341.**

WHAT DO I NEED TO BRING TO MY APPOINTMENT?



A government issued photo ID (i.e. drivers license, passport, status card, provincial health card.)



Immunization record to keep track of vaccines.



Assistive devices as needed (wheelchair, cane, scooter, etc.)



Your mask.



A support person, if required (interpreter).

TELL ME MORE ABOUT THE COVID-19 VACCINE



95%
EFFECTIVE

Administered in **two doses** at least 21 days apart.

Everyone tested **VOLUNTEERED** in the trials, which included people from communities of color (such as black, Hispanic and Native Americans).



APPROXIMATELY
38,000

individuals participated in the clinical trials and were monitored for **two months** after the **SECOND DOSE**

COMMONLY
REPORTED

**SIDE
EFFECTS**



*Injection Site
Reaction*



Headache



Chills



Fever



Fatigue



Muscle Pain



Joint Pain

If you receive the vaccine

YOU WILL STILL NEED TO TAKE SAFETY PRECAUTIONS



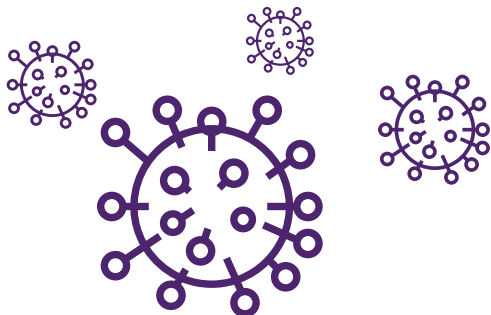
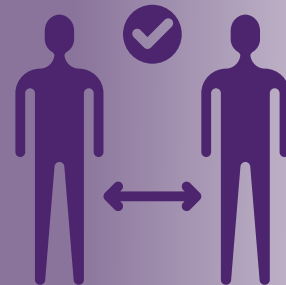
Avoid large gatherings.



Wear a mask.



**Keep a distance of 6 feet
away from other people.**



**If you have tested positive for COVID-19,
ask your healthcare provider if you
should be vaccinated.**

Even when a person is vaccinated, it takes up to two weeks to reach maximum immunity and no shot offers total protection.

FREQUENTLY ASKED QUESTIONS ABOUT THE COVID-19 VACCINE



CAN YOU MIX THE COVID-19 VACCINES?

COVID-19 vaccines are not interchangeable. The safety and efficacy of a mixed product series have not been evaluated. Both doses of the series should be completed with the same product.

HOW EFFECTIVE ARE THE COVID-19 VACCINES?

The Pfizer vaccine showed efficacy of 95% at preventing symptomatic Covid infection, measured starting from seven days after the second dose was administered.

The Moderna vaccine was 94.1% effective at preventing symptomatic Covid-19 infection, measured starting from 14 days after the second dose was administered. The vaccine's efficacy appeared slightly lower in people 65 and older, but the company explained that the numbers could be influenced by the fact there were few cases in that age group in the trial.



WHAT ARE SOME COMMON SIDE EFFECTS OF THE COVID-19 VACCINE?

The most commonly reported side effects, which have been shown to last several days, include: pain at the injection site, tiredness, headache, muscle pain, chills, joint pain and fever.

IS A SMOKER AT HIGHER RISK OF CONTRACTING THE COVID-19 VIRUS?

Tobacco smokers (cigarettes, waterpipes, bidis, cigars, heated tobacco products) may be more vulnerable to contracting COVID-19, as the act of smoking involves contact of fingers (and possibly contaminated cigarettes) with the lips, which increases the possibility of transmission of viruses from hand to mouth. Smoking waterpipes, also known as shisha or hookah, often involves the sharing of mouth pieces and hoses, which could facilitate the transmission of the COVID-19 virus in communal and social settings.



IF I ALREADY HAD COVID-19, AND RECOVERED, SHOULD I GET THE VACCINE WHEN IT BECOMES AVAILABLE?



The COVID-19 vaccination should be offered to you regardless of whether you already had COVID-19 infection. You should not be required to have an antibody test before you are vaccinated.

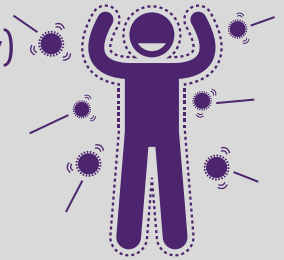
Anyone currently infected with COVID-19 should wait to get vaccinated until after their illness has resolved and after they meet the criteria to discontinue isolation.

Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. Therefore, people with a recent infection may delay vaccination until the end of that 90-day period if desired.

DOES IMMUNITY AFTER CONTRACTING COVID-19 LAST LONGER THAN PROTECTION FROM THE VACCINE?

The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don't know how long natural immunity might last. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection.

Regarding vaccination, data will increase as studies continue regarding the length of time it is effective.



WHY IS A VACCINE NEEDED IF WE ARE DOING OTHER THINGS TO PREVENT THE SPREAD OF THE VIRUS?



Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like covering your mouth and nose with a mask and staying at least 6 feet away from others, help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID-19 vaccination and following public health recommendations to protect yourself and others will offer the best protection from COVID-19.

I HAVE RECEIVED THE TWO DOSES OF THE VACCINE, DO I STILL NEED TO WEAR A MASK AND SOCIAL DISTANCE??

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others. Together, COVID-19 vaccination and following CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

THE JOURNEY OF A VACCINE

How a new vaccine is developed, approved and manufactured.

Rules are set for the four phases of clinical research so that researchers can learn about the effects of new therapies while keeping volunteers safe. This includes trials of new vaccines to protect against infection; researchers always test vaccines with adults first.

Phase 1



20-100 healthy volunteers

Researchers try to answer these questions:

- Is this vaccine safe?
- Are there any serious side effects?
- How does the vaccine dose relate to any side effects?
- Is the vaccine causing an immune response?

Phase 2

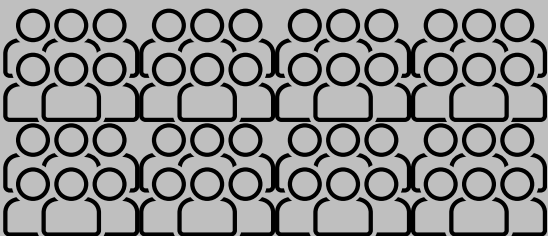


Several hundred volunteers

Researchers try to answer these questions:

- What are the most common short-term side effects of the vaccine?
- What is the body's immune response?
- Are there signs that the vaccine is protective?

Phase 3



One thousand or more volunteers

Researchers try to answer these questions:

- How do disease rates compare between people who get the vaccine and those who do not?
- How well can the vaccine protect people from the disease?

FDA approves a vaccine only if:

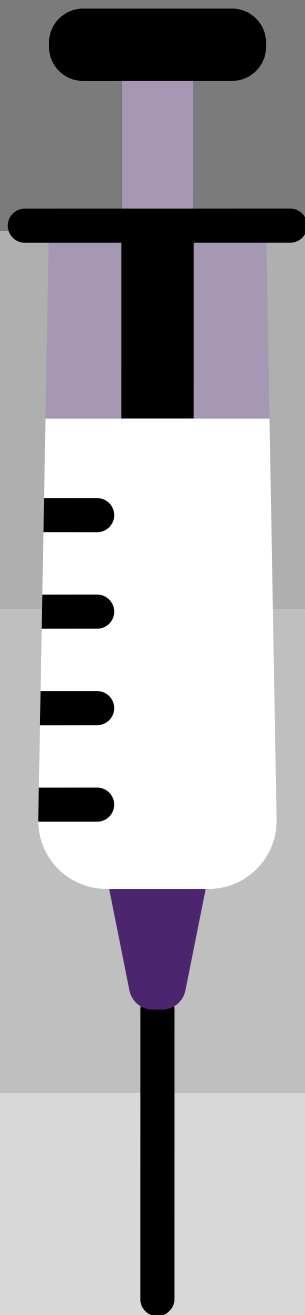
- It is safe and effective.
- Its benefits outweigh the risks.

Phase 4



Treatment is approved by the health authorities and made available to general public.

Researchers continue to collect data on the vaccine's long-term benefits and side effects.



HOW VACCINES WORK



Vaccines contain a modified form of virus or bacteria that doesn't cause disease, but does "teach" your immune system what to do if you are ever attacked by the real, potentially dangerous virus or bacteria.

When you get vaccinated, your immune system responds just as it does to any other "intrusion" by creating antibodies to fight off the particular virus or bacteria.



For some diseases, more than one dose of the vaccine, or a booster dose later in life may be needed to ensure full and lasting protection. The COVID-19 Vaccine requires two doses, at least 21 days apart.

After vaccination, your body remembers this specific intruder. If you ever come in contact with the real virus or bacteria, the right antibodies quickly destroy it—before it has the chance to make you sick.



HERD IMMUNITY



When you and nearly everyone else in your community is immune to a contagious disease, it cannot spread easily. Together, you prevent the virus or bacteria from reaching those who cannot be vaccinated against it, including babies too young for the vaccine and individuals with health conditions or who are undergoing treatments that weaken their immune systems.



To pre-register for the COVID-19 vaccine, please call 613-575-2341 ext. 3219 or ext. 3247.

COVID-19 VACCINE PRE-REGISTRATION

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**THE NEXT PHASES OF THE VACCINE WILL BE
ADMINISTERED IN THE FOLLOWING ORDER:**

- Essential frontline staff (healthcare workers, first responders, etc.);
- Community elders;
- teneral community.

*Akwesasronon residing within the
City of Cornwall are eligible to pre-register.*

*PRE-
REGISTRATION
NOW OPEN!*

TO PRE-REGISTER, PLEASE CALL
613-575-2341
EXT. 3219 OR EXT. 3247

A BRIEF QUESTIONNAIRE WILL BE CONDUCTED.

