



For use at Alberta Health Services (AHS) immunization programs. Use this form when a parent or alternate decision-maker is **not** able to be with the person being immunized at an AHS immunization service. An alternate decision-maker could be an agent, guardian, specific decision-maker or co-decision-maker. The parent or alternate decision-maker should **complete this form** and **send it** with the person being immunized, to the AHS immunization service. For alternate decision-makers – please also send a copy of documents to show that you are authorized to be the alternate decision-maker.

Personal information for the person being immunized		
Name (Last, First, Middle)		Date of Birth (dd-Mon-yyyy)
Personal Health Number (PHN)		Gender
Health information for the person being immunized (If you need more space, use the other side of this form.)		
Does this person have any allergies, including allergies to any vaccine, medicine, or food? If yes, describe _____		<input type="checkbox"/> No <input type="checkbox"/> Yes
Does this person have any chronic illness? (List all if more than one) If yes, describe _____		<input type="checkbox"/> No <input type="checkbox"/> Yes
Has this person ever had capillary leak syndrome?		<input type="checkbox"/> No <input type="checkbox"/> Yes
Has this person ever had immune thrombocytopenia?		<input type="checkbox"/> No <input type="checkbox"/> Yes
If this person is under age 18 years, have they ever had multisystem inflammatory syndrome (MIS-C)? <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable		
Is this person taking any medicine? <input type="checkbox"/> No <input type="checkbox"/> Yes		If yes, describe _____
Is this person pregnant? <input type="checkbox"/> No <input type="checkbox"/> Yes		Is this person breastfeeding? <input type="checkbox"/> No <input type="checkbox"/> Yes
Has this person had COVID-19 vaccine before? <input type="checkbox"/> No <input type="checkbox"/> Yes		If yes, when? _____
Has this person ever had a side effect from COVID-19 immunization? If yes, describe _____		<input type="checkbox"/> No <input type="checkbox"/> Yes
Has this person had myocarditis or pericarditis within 6 weeks of getting a COVID-19 vaccine?		<input type="checkbox"/> No <input type="checkbox"/> Yes
Has this person had a COVID-19 infection in the last 90 days? If yes, did this person get medicine to treat their COVID-19 infection?		<input type="checkbox"/> No <input type="checkbox"/> Yes ▼ <input type="checkbox"/> No <input type="checkbox"/> Yes
<p>I confirm that I have read the attached COVID-19 vaccine information. I know about and understand the risks, benefits, and common side effects of this vaccine. Any questions I may have had about this person getting this vaccine have been answered by calling the local public health office or Health Link at 811. I understand the information I have been given. I understand this consent is for all doses of the vaccine. I will contact the local public health office or the healthcare provider giving the COVID-19 vaccine if this person:</p> <ul style="list-style-type: none"> <li>• has any changes to their health before getting any dose of the COVID-19 vaccine</li> <li>• has a severe or unusual side effect after any dose of the COVID-19 vaccine (other than the expected side effects listed on the COVID-19 vaccine information sheet)</li> </ul> <p>I consent to this person getting the (only select one):</p> <p><input type="checkbox"/> Pfizer-BioNTech (Comirnaty) mRNA COVID-19 vaccine (for ages 5 years and older)</p> <p><input type="checkbox"/> Moderna (SpikeVax) mRNA COVID-19 vaccine (for ages 6 years and older)</p> <p><input type="checkbox"/> Either the Pfizer-BioNTech (Comirnaty) or Moderna (SpikeVax) mRNA COVID-19 vaccine (Depending which vaccine is available for this person at the time of their immunization)</p> <p><input type="checkbox"/> Novavax (Nuvaxovid) COVID-19 vaccine (for ages 18 years and older)</p> <p><input type="checkbox"/> AstraZeneca (Vaxzevria)/COVISHIELD viral vector-based COVID-19 vaccine (for ages 18 years and older)</p> <p><input type="checkbox"/> Janssen (Johnson &amp; Johnson) viral vector-based COVID-19 vaccine (for ages 18 years and older)</p> <p>I understand that I may withdraw this consent at any time by calling the local public health office or healthcare provider giving the COVID-19 vaccine.</p> <p>I confirm that I have the legal authority to consent to this immunization.</p>		
Printed name of person giving consent		Daytime phone
		Other phone
<p>Relationship to person</p> <p><input type="checkbox"/> Parent (with legal authority to consent) <input type="checkbox"/> Guardian/Legal representative</p> <p><input type="checkbox"/> Co-decision-maker <input type="checkbox"/> Specific decision-maker <input type="checkbox"/> Agent</p>		
Signature of person giving consent		Date (dd-Mon-yyyy)

Alberta Health Services collects health information according to Section 20 of the Health Information Act (HIA). This information is used to provide health services, determine eligibility for health services, or to carry out any other purpose authorized by the HIA. If you have any questions about this, please ask the healthcare provider giving the immunization or contact your local public health office. If you do not know your local public health office, call Health Link at 811 to get this information.



## Consent for COVID-19 Immunization

### For Office Use Only

[illegible]

# COVID-19 vaccines - mRNA

**Immunization protects you from disease. Get protected, get immunized.**

- **Vaccines make your immune system stronger. They build antibodies to help prevent diseases.**
- **Immunization is safe. It is much safer to get immunized than to get this disease.**

## What are COVID-19 vaccines?

COVID-19 vaccines protect against the SARS-CoV-2 virus (also known as COVID-19). The virus causes an infection in the lungs and airways and is a type of respiratory illness. In some cases, the infection can cause problems with other organs or other parts of the body. Go to [ahs.ca/covid](https://ahs.ca/covid) to learn more about COVID-19.

The following COVID-19 vaccines are approved for use in Canada:

- **mRNA vaccines:** Pfizer-BioNTech (Comirnaty) and Moderna (SpikeVax)
- **viral vector-based vaccines:** AstraZeneca (Vaxzevria)/COVISHIELD and Janssen (Johnson & Johnson)
- **protein-based vaccine:** Novavax (Nuvaxovid)
- **plant-based vaccine:** Medicago (Covifenz)

The mRNA, protein-based, and viral vector-based vaccines are available in Alberta. For information about the protein-based and viral vector-based vaccines, read the vaccine information on [ImmunizeAlberta.ca](https://ImmunizeAlberta.ca).

To learn about how COVID-19 vaccines work, visit [canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines](https://canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines).

## Who should get an mRNA COVID-19 vaccine?

Everyone is at risk of COVID-19. You should get an mRNA COVID-19 vaccine if you are age 5 years or older. COVID-19 vaccines are free.

## Do I need a vaccine if I have already had COVID-19?

If you have already had COVID-19, it is not yet known how long your protection will last or how much protection you will have against variants. It is important to get a COVID-19 vaccine even if you have already had the virus.

The vaccine may give you better protection if you wait a while after having COVID-19 and then get a vaccine. How long to wait depends on your health history and whether or not you have already had doses of COVID-19 vaccine.

If you have had COVID-19 infection in the past 90 days, check with your healthcare provider about when to get a COVID-19 vaccine.

## What if my child is getting a COVID-19 vaccine?

Consent for a COVID-19 vaccine for children under age 18 years is provided by a parent or guardian. If a parent or guardian cannot be at the appointment, they can give consent in writing using the consent form at [ahs.ca/VaccineUnder18](https://ahs.ca/VaccineUnder18). In some cases, children under age 18 years may be able to give their own consent.

## How well do COVID-19 vaccines work?

How well the vaccines work against COVID-19 is different for each variant. COVID-19 vaccines are the best way to lower your risk of getting COVID-19 or getting very sick from it.

The mRNA vaccines give the best protection. The protein-based vaccine gives more protection than the viral vector-based vaccines. However, all the vaccines work very well to lower your risk of getting seriously ill and needing to be in the hospital.

Even if you have had a COVID-19 vaccine, it is still important to follow public health measures to prevent the virus from spreading. Go to [ahs.ca/covid](https://ahs.ca/covid) for the most up-to-date information.

## How many doses of mRNA COVID-19 vaccine do I need?

### Primary series

You need at least 2 doses of an mRNA COVID-19 vaccine to be considered fully immunized. These doses are called your primary series.

For some people, 2 doses may not give enough protection. You may need a third dose to complete your primary series if you have a health problem that weakens your immune system. For example:

- You have had or will have an organ or stem cell transplant.
- You have kidney disease and need dialysis.
- You have acquired immunodeficiency syndrome (AIDS).
- You take certain medicines that weaken your immune system.

Studies have shown that a third dose may provide better protection to adults with a weak immune system. In children with a weak immune system, a third dose may also provide better protection, but research is still happening to learn more.

## Booster doses

If you are age 12 years or older, you can get an extra (booster) dose 5 months after your primary series. A booster dose will give you more protection. You should get a booster dose if you are age 18 years or older. You should also get a booster dose if you are age 12 to 17 years and you:

- have certain health conditions (such as you have diabetes, you have a weak immune system, or you have heart, lung, spleen, or liver problems)
- are pregnant
- have a lot of extra weight
- are Indigenous
- live in a group setting such as a group home or long-term care centre

A second booster dose is recommended for some people who are at high risk of serious disease. This will provide better and longer protection. You can get a second booster dose if it has been at least 5 months since your first booster dose and you:

- are age 70 years or older
- live in a seniors living facility
- are Indigenous and are age 65 years or older

Go to [alberta.ca/covid19-vaccine](https://alberta.ca/covid19-vaccine) to book an appointment for your booster dose.

## Doses for travel

If you are travelling outside of Canada, you may be able to get additional doses. This is only if your destination requires you to have a certain COVID-19 vaccine series or a dose within a certain time.

## Can I get an mRNA COVID-19 vaccine if I am pregnant or breastfeeding?

Yes, you can get an mRNA COVID-19 vaccine if you are pregnant or breastfeeding. Research shows that mRNA vaccines are the safest type of COVID-19 vaccines to get during pregnancy.

When you are pregnant, you have a higher risk of getting very sick from COVID-19. Getting a COVID-19 vaccine lowers your risk of getting seriously ill from the virus.

If you are pregnant or breastfeeding and have questions about getting a COVID-19 vaccine, talk to your healthcare provider.

## Where can I get a COVID-19 vaccine?

Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine) to find out where and when you can get a COVID-19 vaccine.

## Are there side effects from mRNA COVID-19 vaccines?

There can be side effects from mRNA COVID-19 vaccines, but they tend to be mild and go away in a few days. Side effects may include:

- redness, swelling, or feeling sore where you had the needle
- feeling tired or have a headache
- a fever or chills
- body aches or sore joints
- feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea)
- swollen lymph nodes
- swelling or feeling sore in your armpit or groin
- a reduced sense of touch or a feeling of numbness
- feeling dizzy
- a rash or hives

Current information shows that there is similar risk of side effects after a first, second, or additional dose of an mRNA COVID-19 vaccine. Research continues to find out more about the risk of side effects after additional doses.

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects.

### **What rare events have been reported after getting an mRNA COVID-19 vaccine?**

There have been very rare reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) within 7 days of getting either the Pfizer-BioNTech or the Moderna vaccine. Most reported cases were mild and got better with treatment.

The inflammation can cause shortness of breath, chest pain or pressure, or a very fast or abnormal heart rate. Get medical help **right away** if you have any of these symptoms.

These rare events were reported more commonly:

- after the second dose
- in those age 12 to 29 years
- in males

The Pfizer-BioNTech vaccine has a lower risk of myocarditis and pericarditis than the Moderna vaccine, especially for those age 12 to 29 years getting their primary series. Research is still being done to find out more about the risk of these events after a third dose or a booster dose.

Research has shown that children age 5 to 11 years may have a lower risk of these events after their primary series with Pfizer-BioNTech vaccine than people age 12 to 29 years. There is still more to learn about these risks in children, including the risk of these events after a third dose and the risk after getting Moderna vaccine.

It is not known if having a history of myocarditis or pericarditis puts you at higher risk of having these rare events after a COVID-19 vaccine. Talk to your doctor before you get a dose of COVID-19 vaccine if:

- You had myocarditis or pericarditis within 6 weeks of getting a COVID-19 vaccine.
- You have a history of myocarditis or pericarditis and you have questions about getting a COVID-19 vaccine.

Research is happening to learn more about the risks of these rare events. Your risk of getting seriously ill from COVID-19 is much higher than your risk of having a rare event after these vaccines.

Go to COVID-19 vaccine – Frequently Asked Questions on [ahs.ca/topics/Page17389.aspx](https://ahs.ca/topics/Page17389.aspx) for more information.

### **How can I manage side effects?**

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Children under the age of 18 years should **not** take aspirin because it can cause serious health problems.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

### **What vaccine will I get for my primary series?**

Here are the recommended vaccines by age group:

- Age 5 years: You will get the Pfizer-BioNTech mRNA vaccine.
- Age 6 to 17 years: You can get either the Pfizer-BioNTech or Moderna mRNA vaccine.
- Age 18 years and older: You can get either the Pfizer-BioNTech or Moderna mRNA vaccine. If you cannot get or do not want an mRNA vaccine, you can get the protein-based vaccine or a viral vector-based vaccine.

If you are age 6 to 29 years, it is recommended to get the Pfizer-BioNTech vaccine. This vaccine has shown to have a lower risk of myocarditis and pericarditis in people age 12 to 29 years and may have a lower risk for children age 5 to 11 years.

Usually you get the same vaccine for all your doses. If your first-dose vaccine is not available or you cannot have it, you can get a different COVID-19 vaccine for your next dose. Whichever vaccine you get to complete your primary series protects you against COVID-19.

Talk to your healthcare provider about which vaccine is best for you. Go to [ahs.ca/seconddose](https://ahs.ca/seconddose) for more information.

### **What vaccine will I get for my booster or additional dose?**

You will get an mRNA vaccine for any booster or additional doses.

If you are age 12 to 29 years, it is recommended to get the Pfizer-BioNTech vaccine for your booster dose. There is more to learn about the risk of myocarditis and pericarditis after getting a booster dose. But with the primary series, we have seen that the Pfizer-BioNTech vaccine has a lower risk of these rare events in those age 12 to 29 years.

If you cannot get or do not want an mRNA vaccine, you can get the protein-based vaccine or the AstraZeneca/COVISHIELD vaccine if you are age 18 years or older.

The mRNA vaccines are licensed for first booster doses for people age 18 years or older who completed their primary series at least 6 months ago. In other cases, the vaccine is not licensed for more than 2 doses. But vaccine experts support this in certain situations. This is called “off-label use.”

Getting more than 2 doses of a COVID-19 vaccine is off-label use if:

- You are age 5 to 17 years.
- You get a third dose sooner than 6 months after your second dose.
- You get a fourth or fifth dose.
- You get the protein-based or a viral vector-based vaccine as a third dose, booster dose, or additional dose.

If you get a Moderna vaccine for your first booster dose and you are age 65 years or older, have a weak immune system, or live in a seniors living facility, you will get a higher dose of vaccine. This is also considered off-label use but is supported by vaccine experts.

Talk to your healthcare provider about which vaccine you can get and when to have your doses.

### **What vaccine is recommended for people with a weak immune system?**

Research has shown mRNA vaccines provide the best protection for people with a weak immune system. For some people with a weak immune system, the Moderna vaccine may provide better protection than the Pfizer-BioNTech vaccine. Talk to your healthcare provider about which vaccine is best for you.

### **What if I had or am getting another type of vaccine?**

If you are age 12 years or older, you can get any vaccine at the same time as, any time before, or any time after a COVID-19 vaccine.

Children under age 12 years should wait at least 14 days after getting a COVID-19 vaccine before getting another vaccine. If they got another vaccine first, they should wait 14 days before getting a COVID-19 vaccine. This helps you watch for any side effects from the COVID-19 vaccine. However, if your child needs another vaccine on the same day or within 14 days before or after the COVID-19 vaccine, there are no safety concerns. Both vaccines will still work to protect your child. This may happen if your child is due to have a routine school immunization within 14 days of having the COVID-19 vaccine. Talk to your healthcare provider if you have questions about your child's vaccine schedule.

### **Who should not get an mRNA COVID-19 vaccine?**

You may not be able to get an mRNA COVID-19 vaccine if you:

- have an allergy to any part of the vaccine
- had a severe (serious) or unusual side effect after this vaccine or one like it
- are under age 5 years

Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

Check with your healthcare provider about when you can get an mRNA COVID-19 vaccine if you:

- have had COVID-19 or have been treated for COVID-19 in the last 90 days
- are under age 18 years and have a history of multisystem inflammatory syndrome (MIS-C)

Be sure to talk to your doctor **before** you get an mRNA COVID-19 vaccine if you:

- have a weak immune system (because of a medicine you take or a health problem)
- have an autoimmune disorder (like rheumatoid arthritis or lupus)
- have had a stem cell or organ transplant
- have a history of myocarditis or pericarditis within 6 weeks of getting a dose of COVID-19 vaccine

### **For More Information**



Call Health Link at 811



Go to [MyHealth.Alberta.ca](https://MyHealth.Alberta.ca)



Go to [ImmunizeAlberta.ca](https://ImmunizeAlberta.ca)



Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine)



## COVID-19 vaccines – protein-based

**Immunization protects you from disease.  
Get protected, get immunized.**

- **Vaccines make your immune system stronger. They build antibodies to help prevent diseases.**
- **Immunization is safe. It is much safer to get immunized than to get this disease.**

### **What are COVID-19 vaccines?**

COVID-19 vaccines protect against the SARS-CoV-2 virus (also known as COVID-19). The virus causes an infection in the lungs and airways and is a type of respiratory illness. In some cases, the infection can cause problems with other organs or other parts of the body. Go to [ahs.ca/covid](https://ahs.ca/covid) to learn more about COVID-19.

The following COVID-19 vaccines are approved for use in Canada:

- **mRNA vaccines:** Pfizer-BioNTech (Comirnaty) and Moderna (SpikeVax)
- **viral vector-based vaccines:** AstraZeneca (Vaxzevria)/COVISHIELD and Janssen (Johnson & Johnson)
- **protein-based vaccine:** Novavax (Nuvaxovid)
- **plant-based vaccine:** Medicago (Covifenz)

The mRNA, protein-based, and viral vector-based vaccines are available in Alberta. For information about the mRNA and viral vector-based vaccines, read the vaccine information on [ImmunizeAlberta.ca](https://ImmunizeAlberta.ca).

To learn about how COVID-19 vaccines work, visit [canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines](https://canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines).

### **Who should get the protein-based COVID-19 vaccine?**

Everyone is at risk of COVID-19. You can get a protein-based COVID-19 vaccine if you are age 18 years or older and you cannot have or do not want an mRNA COVID-19 vaccine. COVID-19 vaccines are free.

### **Do I need a vaccine if I have already had COVID-19?**

If you have already had COVID-19, it is not yet known how long your protection will last or how much protection you will have against variants. It is important to get a COVID-19 vaccine even if you have already had the virus.

The vaccine may give you better protection if you wait a while after having COVID-19 and then get a vaccine. How long to wait depends on your health history and whether or not you have already had doses of COVID-19 vaccine.

If you have had COVID-19 infection in the past 90 days, check with your healthcare provider about when to get a COVID-19 vaccine.

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

How well the vaccines work against COVID-19 is different for each variant. COVID-19 vaccines are the best way to lower your risk of getting COVID-19 or getting very sick from it.

The mRNA vaccines give the best protection. The protein-based vaccine gives more protection than the viral vector-based vaccines. However, all the vaccines work very well to lower your risk of getting seriously ill and needing to be in the hospital.

Even if you have had a COVID-19 vaccine, it is still important to follow public health measures to prevent the virus from spreading. Go to [ahs.ca/covid](https://ahs.ca/covid) for the most up-to-date information.

### **How many doses of the protein-based COVID-19 vaccine do I need?**

#### **Primary series**

You need at least 2 doses of the protein-based COVID-19 vaccine to be considered fully immunized. These doses are called your primary series. For some people, 2 doses may not give enough protection. You may need a third dose to complete your primary series if you have a health problem that weakens your immune system. For example:

- You have had or will have an organ or stem cell transplant.
- You have kidney disease and need dialysis.
- You have acquired immunodeficiency syndrome (AIDS).
- You take certain medicines that weaken your immune system.

Studies have shown that a third dose may provide better protection for adults with a weak immune system.

#### **Booster doses**

If you are age 18 years or older, you should get an extra (booster) dose 5 months after your primary series. A booster dose will give you more protection. A second booster dose is recommended for some people who are at high risk of serious disease. This will provide better and longer protection. You can get a second booster dose if it has been at least 5 months since your first booster dose and you:

- are age 70 years or older
- live in a seniors living facility
- are Indigenous and are age 65 years or older

Go to [alberta.ca/covid19-vaccine](https://alberta.ca/covid19-vaccine) to book an appointment for your booster dose.

### **Doses for travel**

If you are travelling outside of Canada, you may be able to get additional doses. This is only if your destination requires you to have a certain COVID-19 vaccine series or a dose within a certain time.

### **Can I get the protein-based COVID-19 vaccine if I am pregnant or breastfeeding?**

Yes, you can get a protein-based COVID-19 vaccine if you are pregnant or breastfeeding. However, research shows that mRNA vaccines are the safest type of COVID-19 vaccines to get during pregnancy. There is more to learn about getting a protein-based COVID-19 vaccine when you are pregnant or breastfeeding.

When you are pregnant, you have a higher risk of getting very sick from COVID-19. Getting a COVID-19 vaccine lowers your risk of getting seriously ill from the virus.

If you are pregnant or breastfeeding, it is recommended that you talk to your healthcare provider before getting a protein-based COVID-19 vaccine.

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

Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine) to find out where and when you can get a COVID-19 vaccine.

### **Are there side effects from the protein-based COVID-19 vaccine?**

There can be side effects from the protein-based COVID-19 vaccine, but they tend to be mild and go away in a few days. Side effects may include:

- redness, swelling, or feeling sore where you had the needle
- feeling tired, unwell, or have a headache
- a fever or chills
- body aches, sore joints, or pain in your legs or arms
- feeling sick to your stomach (nausea) or vomiting (throwing up)

Current information shows that you are more likely to have these side effects after your second dose of the protein-based vaccine. Research continues to find out more about the risk of side effects after additional doses.

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects.

### **What rare events have been reported after getting the protein-based COVID-19 vaccine?**

There have been very rare reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) shortly after getting the protein-based vaccine. The reported cases were mild and got better with treatment. It is still not known if these events were caused by the vaccine, and research is happening to learn more about the risk of these rare events after getting the protein-based vaccine.

The inflammation can cause shortness of breath, chest pain or pressure, or a very fast or abnormal heart rate. Get medical help **right away** if you have any of these symptoms.

It is not known if having a history of myocarditis or pericarditis puts you at higher risk of having these rare events after a COVID-19 vaccine. Talk to your doctor before you get a dose of COVID-19 vaccine if:

- You had myocarditis or pericarditis within 6 weeks of getting a COVID-19 vaccine.
- You have a history of myocarditis or pericarditis and you have questions about getting a COVID-19 vaccine.

Your risk of getting seriously ill from COVID-19 is much higher than your risk of having a rare event after these vaccines.

Go to [COVID-19 vaccine – Frequently Asked Questions on ahs.ca/topics/Page17389.aspx](https://ahs.ca/topics/Page17389.aspx) for more information.

### **How can I manage side effects?**

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

### **What vaccine will I get for my primary series?**

You will get an mRNA COVID-19 vaccine for your primary series. If you cannot get or do not want that type of vaccine, you can get the protein-based vaccine or a viral vector-based vaccine if you are age 18 years or older.

Usually you get the same vaccine for all your doses. If your first-dose vaccine is not available or you cannot have it, you can get a different COVID-19 vaccine for your next dose.

Whichever vaccine you get to complete your primary series protects you against COVID-19.

Talk to your healthcare provider about which vaccine is best for you.

Go to [ahs.ca/seconddose](https://ahs.ca/seconddose) for more information.

### **What vaccine will I get for my booster or additional dose?**

You will get an mRNA vaccine for any booster or additional doses. If you cannot get or do not want an mRNA vaccine, you can get the protein-based vaccine or the AstraZeneca/COVISHIELD vaccine if you are age 18 years or older.

The mRNA vaccines are licensed for first booster doses for people age 18 years or older who completed their primary series at least 6 months ago. In other cases, the vaccine is not licensed for more than 2 doses. But vaccine experts support this in certain situations. This is called “off-label use.”

Getting more than 2 doses of a COVID-19 vaccine is off-label use if:

- You are age 5 to 17 years.
- You get a third dose sooner than 6 months after your second dose.
- You get a fourth or fifth dose.
- You get the protein-based or a viral vector-based vaccine as a third dose, booster dose, or additional dose.

Talk to your healthcare provider about which vaccine you can get and when to have your doses.

### **What vaccine is recommended for people with a weak immune system?**

Research has shown mRNA vaccines provide the best protection for people with a weak immune system. Talk to your healthcare provider about which vaccine is best for you.

### **What if I had or am getting another type of vaccine?**

You can get any vaccine at the same time as, any time before, or any time after the protein-based COVID-19 vaccine.

### **Who should not get the protein-based COVID-19 vaccine?**

You may not be able to get the protein-based COVID-19 vaccine if you:

- have an allergy to any part of the vaccine
- had a severe (serious) or unusual side effect after this vaccine or one like it
- are under age 18 years

Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

Check with your healthcare provider about when you can get the protein-based COVID-19 vaccine if you have had COVID-19 or have been treated for COVID-19 in the last 90 days.

Be sure to talk to your doctor **before** you get the protein-based COVID-19 vaccine if you:

- have a weak immune system (because of a medicine you take or a health problem)
- have an autoimmune disorder (like rheumatoid arthritis or lupus)
- have had a stem cell or organ transplant
- have a history of myocarditis or pericarditis within 6 weeks of getting a dose of COVID-19 vaccine

### **For More Information**



Call Health Link at 811



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Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine)

## COVID-19 vaccines - viral vector-based

**Immunization protects you from disease. Get protected, get immunized.**

- **Vaccines make your immune system stronger. They build antibodies to help prevent diseases.**
- **Immunization is safe. It is much safer to get immunized than to get this disease.**

### What are COVID-19 vaccines?

COVID-19 vaccines protect against the SARS-CoV-2 virus (also known as COVID-19). The virus causes an infection in the lungs and airways and is a type of respiratory illness. In some cases, the infection can cause problems with other organs or other parts of the body. Go to [ahs.ca/covid](https://ahs.ca/covid) to learn more about COVID-19.

The following COVID-19 vaccines are approved for use in Canada:

- **mRNA vaccines:** Pfizer-BioNTech (Comirnaty) and Moderna (SpikeVax)
- **viral vector-based vaccines:** AstraZeneca (Vaxzevria)/ COVISHIELD and Janssen (Johnson & Johnson)
- **protein-based vaccine:** Novavax (Nuvaxovid)
- **plant-based vaccine:** Medicago (Covifenz)

The mRNA, protein-based, and viral vector-based vaccines are available in Alberta. For information about the mRNA and protein-based vaccines, read the vaccine information on [ImmunizeAlberta.ca](https://ImmunizeAlberta.ca).

To learn about how COVID-19 vaccines work, visit [canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines](https://canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines).

### Who can get a viral vector-based COVID-19 vaccine?

Everyone is at risk of COVID-19. You can get a viral vector-based COVID-19 vaccine if you are age 18 years or older and you cannot have or do not want an mRNA or protein-based COVID-19 vaccine. COVID-19 vaccines are free.

### Do I need a vaccine if I have already had COVID-19?

If you have already had COVID-19, it is not yet known how long your protection will last or how much protection you will have against variants. It is important to get a COVID-19 vaccine even if you have already had the virus.

The vaccine may give you better protection if you wait a while after having COVID-19 and then get a vaccine. How long to wait depends on your health history and whether or not you have already had doses of COVID-19 vaccine.

If you have had COVID-19 infection in the past 90 days, check with your healthcare provider about when to get a COVID-19 vaccine.

### How well do COVID-19 vaccines work?

How well the vaccines work against COVID-19 is different for each variant. COVID-19 vaccines are the best way to lower your risk of getting COVID-19 or getting very sick from it. The mRNA vaccines give the best protection. The protein-based vaccine gives more protection than the viral vector-based vaccines. However, all the vaccines work very well to lower your risk of getting seriously ill and needing to be in the hospital.

Even if you have had a COVID-19 vaccine, it is still important to follow public health measures to prevent the virus from spreading. Go to [ahs.ca/covid](https://ahs.ca/covid) for the most up-to-date information.

### How many doses of viral vector-based COVID-19 vaccine do I need?

#### Primary series

If you get the AstraZeneca/COVISHIELD vaccine, you need at least 2 doses to be considered fully immunized. These doses are called your primary series.

If you get the Janssen vaccine, at this time you need only 1 dose. However, it is likely that in the future you will need a second dose of a COVID-19 vaccine for better protection and to complete your primary series.

For some people, 2 doses may not give enough protection. You may need a third dose to complete your primary series if you have a health problem that weakens your immune system. For example:

- You have had or will have an organ or stem cell transplant.
- You have kidney disease and need dialysis.
- You have acquired immunodeficiency syndrome (AIDS).
- You take certain medicines that weaken your immune system.

Studies have shown that a third dose may provide better protection for adults with a weak immune system.

### Booster doses

If you are age 18 years or older, you should get an extra (booster) dose 5 months after your primary series. A booster dose will give you more protection.

A second booster dose is recommended for some people who are at high risk of serious disease. This will provide better and longer protection. You can get a second booster dose if it has been at least 5 months since your first booster dose and you:

- are age 70 years or older
- live in a seniors living facility
- are Indigenous and are age 65 years or older

Go to [alberta.ca/covid19-vaccine](https://alberta.ca/covid19-vaccine) to book an appointment for your booster dose.

### Doses for travel

If you are travelling outside of Canada, you may be able to get additional doses. This is only if your destination requires you to have a certain COVID-19 vaccine series or a dose within a certain time.

### Can I get a viral vector-based COVID-19 vaccine if I am pregnant or breastfeeding?

Yes, you can get a viral vector-based COVID-19 vaccine if you are pregnant or breastfeeding. However, research shows that mRNA vaccines are the safest type of COVID-19 vaccines to get during pregnancy. There is more to learn about getting a viral vector-based COVID-19 vaccine when you are pregnant or breastfeeding.

When you are pregnant, you have a higher risk of getting very sick from COVID-19. Getting a COVID-19 vaccine lowers your risk of getting seriously ill from the virus.

If you are pregnant or breastfeeding, it is recommended that you talk to your healthcare provider before getting a viral vector-based COVID-19 vaccine.

### Where can I get a COVID-19 vaccine?

Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine) to find out where and when you can get a COVID-19 vaccine.

### Are there side effects from viral vector-based COVID-19 vaccines?

There can be side effects from viral vector-based COVID-19 vaccines, but they tend to be mild and go away in a few days. Side effects may include:

- redness, warmth, swelling, bruising, itching, or feeling sore where you had the needle
- feeling tired, unwell or have a headache
- a fever or chills
- body aches, sore joints, or pain in your legs or arms
- feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea)
- a sore throat, cough, or runny nose



Current information shows that there is a similar risk of side effects after a first, second, or additional dose of a viral vector-based COVID-19 vaccine. Research continues to find out more about the risk of side effects after additional doses.

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects.

### **What rare events have been reported after getting the AstraZeneca/COVISHIELD or the Janssen vaccines?**

Research is still happening to learn more about the risk of rare events after getting the AstraZeneca/COVISHIELD or Janssen vaccines. It is not yet known if having a history of certain health problems puts you at a higher risk of rare events after having these vaccines.

Your risk of getting seriously ill from COVID-19 is much higher than your risk of having a rare event after these vaccines.

Go to COVID-19 vaccine – Frequently Asked Questions on [ahs.ca/topics/Page17389.aspx](https://ahs.ca/topics/Page17389.aspx) for more information.

#### **Blood clots, low platelets, bleeding**

There have been very rare reports of blood clots, low levels of platelets (these help your blood to clot), and bleeding after getting the AstraZeneca/COVISHIELD or the Janssen vaccines.

These events happened 4 to 28 days after getting the vaccine. The risk of these events after getting the AstraZeneca/COVISHIELD vaccine is about:

- 1 in 55,000 after the first dose
- 1 in 600,000 after the second dose

The risk of these events after getting the Janssen vaccine is about 3 in 1 million.

Talk to your healthcare provider if you have a condition that puts you at risk for blood clots or if you have ever had immune thrombocytopenia (ITP). ITP is when your immune system attacks the blood cells you need for normal blood clotting and causes bleeding.

If you have any of the following symptoms within 42 days of being immunized, get medical help **right away**:

- trouble talking or moving a part of your body
- shortness of breath
- chest pain
- severe swelling, pain, or a colour change in your arm or leg
- stomach pain that does not go away
- a severe headache that does not go away
- blurry vision
- seizures

#### **Capillary leak syndrome**

There have been very rare reports of capillary leak syndrome (CLS) within the first few days after getting the AstraZeneca/COVISHIELD or Janssen vaccines. In some reported cases, the person had a history of CLS. CLS is a serious condition that causes fluid to leak from the small blood vessels (capillaries). This causes sudden swelling of the arms and legs, sudden weight gain, and low blood pressure causing you to feel faint. CLS can cause death. Talk to your healthcare provider if you have any history of CLS. Get medical help **right away** if you have any of these symptoms.

#### **Guillain-Barre syndrome**

There have been very rare reports of Guillain-Barre syndrome (GBS) up to 42 days after getting the AstraZeneca/COVISHIELD or Janssen vaccines. GBS is a serious condition that causes pain or numbness, muscle weakness, and in severe cases, paralysis. Most people fully recover from GBS but some may continue to have symptoms. GBS can cause death. The risk of GBS after getting either AstraZeneca/COVISHIELD or Janssen vaccine is about 1 in 100,000. Get medical help **right away** if you have any of these symptoms.

### **How can I manage side effects?**

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

### **What vaccine will I get for my primary series?**

You will get an mRNA COVID-19 vaccine for your primary series. If you cannot get or do not want this type of vaccine you can get the protein-based vaccine or a viral vector-based vaccine if you are age 18 years or older.

Usually you get the same vaccine for all your doses. If your first-dose vaccine is not available or you cannot have it, you can get a different COVID-19 vaccine for your next dose.

Whichever vaccine you get to complete your primary series protects you against COVID-19.

Talk to your healthcare provider about which vaccine is best for you.

Go to [ahs.ca/seconddose](https://ahs.ca/seconddose) for more information.

### **What vaccine will I get for my booster or additional doses?**

You will get an mRNA vaccine for any booster or additional doses. If you cannot get or do not want an mRNA vaccine, you can get the protein-based vaccine or the AstraZeneca/COVISHIELD vaccine if you are age 18 years or older.

The mRNA vaccines are licensed for first booster doses for people age 18 years or older who completed their primary series at least 6 months ago. In other cases, the vaccine is not licensed for more than 2 doses. But vaccine experts support this in certain situations. This is called "off-label use."

Getting more than 2 doses of a COVID-19 vaccine is off-label use if:

- You are age 5 to 17 years.
- You get a third dose sooner than 6 months after your second dose.
- You get a fourth or fifth dose.
- You get the protein-based or a viral vector-based vaccine as a third dose, booster dose, or additional dose.

Talk to your healthcare provider about which vaccine you can get and when to have your doses.

### **What vaccine is recommended for people with a weak immune system?**

Research has shown mRNA vaccines provide the best protection for people with a weak immune system. Talk to your healthcare provider about which vaccine is best for you.

### **What if I had or am getting another type of vaccine?**

You can get any vaccine at the same time as, any time before, or any time after a viral vector-based COVID-19 vaccine.

### **Who should not get a viral vector-based COVID-19 vaccine?**

You may not be able to get a viral vector-based COVID-19 vaccine if you:

- have an allergy to any part of the vaccine
- had a severe (serious) or unusual side effect after this vaccine or one like it
- have a history of capillary leak syndrome (CLS)
- are under age 18 years

Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

Check with your healthcare provider about when you can get a viral vector-based COVID-19 vaccine if you have had COVID-19 or have been treated for COVID-19 in the last 90 days.

Be sure to talk to your doctor **before** you get a viral vector-based COVID-19 vaccine if you:

- have a weak immune system (because of a medicine you take or a health problem)
- have an autoimmune disorder (like rheumatoid arthritis or lupus)
- have had a stem cell or organ transplant
- have a history of immune thrombocytopenia (ITP)
- are at higher risk of blood clots

### **For More Information**



Call Health Link at 811



Go to [MyHealth.Alberta.ca](https://MyHealth.Alberta.ca)



Go to [ImmunizeAlberta.ca](https://ImmunizeAlberta.ca)



Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine)