

# Top COVID-19 Vaccine FAQs

Vaccines are the single scientific breakthrough that have most prolonged average life expectancy.

**Vaccination is the only way to end this pandemic and return to our normal lives.**

Protect yourself, your loved ones, and your community by getting vaccinated.

## Why should I get vaccinated?

COVID-19 infection can result in death in ill and healthy people of any age. COVID-19 is highly contagious, especially the new variants.

Even if a person does not die of COVID-19, they may have long term complications including memory loss, fatigue, unexplained breathing difficulties, and damage to the lungs and heart. Clinics have already been set up to support the many COVID-19 patients who, although they are no longer infected, cannot go back to work or live a normal life.

## How does the vaccine work?

The vaccine teaches our body's immune system how to fight the virus and protect us from getting sick if we are exposed to COVID-19. The vaccine cannot give you COVID-19.

## What is herd immunity and why does it matter?

If enough people have immunity, the virus is less likely to spread. We need to vaccinate 70-80% of the population to achieve herd immunity and go back to our daily lives, reopen businesses, hug and see loved ones again.

## I already had COVID-19. Should I still get a vaccine?

Even if you had COVID-19 in the past, it is uncertain how long immunity will last. It is possible to get COVID-19 again. You should still get the vaccine to protect yourself and others.

## Will I still have to mask and distance after getting vaccinated?

Yes. It is still important to practice public health measures until most people are vaccinated.

## How long will it take to become immune after I receive the vaccine?

It takes about 2 weeks after the second dose for the body to build immunity after vaccination. Someone could be infected with the virus just before or just after vaccination and get sick, because the vaccine didn't have enough time to provide protection.

## Was the vaccine rushed?

No steps were skipped, and all safety procedures were followed. The vaccines were developed quickly because of technological advances and because non-medical parts of approval (bureaucratic processes and rubber-stamping) were fast-tracked.

## Are there side effects?

There can be side effects from the COVID-19 vaccine, but they tend to be mild and go away in a few days. The most common side effects are muscle soreness, headache, and fever/chills.

You will be monitored for any potential allergic reaction after vaccination.

## Is the vaccine safe?

Immunization is safe. It is much safer to get immunized than to get this disease and potentially suffer long-term side effects. Millions of Canadians have already received a vaccine and the vaccines have been shown to be safe. The vaccine cannot alter your DNA.

If you have a history of severe allergic reactions, a weakened immune system, or are pregnant, check with your physician before getting vaccinated.



For more information about opportunities to support 19toZero, please contact: [info@19tozero.ca](mailto:info@19tozero.ca)  
For up-to-date information about the vaccine, visit: [canada.ca/covidvaccine](https://canada.ca/covidvaccine)