

I don't want to take an "experimental" treatment

All COVID-19 vaccines used in Canada are authorized by **Health Canada and have undergone a rigorous process.**

Over 3.5 billion people have received at least one dose globally, with over **6.2 billion doses given** worldwide and over 53 million in our own country.

Still, it must have been made way too fast to be safe?

No safety steps were compromised in the development or testing of the COVID-19 vaccines.

Some ways that this process was sped up include streamlining of research timelines, many trial volunteers in the context of high community infection rates, and reviewing interim trial results as soon as available.

I had COVID and now have natural immunity, why should I get vaccinated?

While there is some immunity gained from having a previous COVID-19 infection, studies have shown that **infection acquired immunity PLUS at least one dose of a vaccine is better protection** than infection acquired immunity alone when it comes to the delta variant reinfection. Immunity from infection comes at a MUCH higher risk; many people will experience life-changing complications and long-term effects.

What about all the complications from the vaccine?

As of September 17th, 2021, of all doses given in Canada, **0.029% have had adverse events, and only 0.008% were serious.** This risk is very low compared to the 1/100 risk of death from COVID and even higher risk of ICU admission and other complications.

I am worried about infertility if I get vaccinated.

This claim stemmed from a **false** social media report that the spike protein the vaccine targets is the same as another protein involved in the growth of the placenta during pregnancy. COVID-19 vaccines **do not** damage the placenta, affect sperm production, or lead to increased stillbirth or miscarriage.

mRNA vaccines do not prevent you from getting COVID or spreading it to others

While no vaccine is 100%, mRNA vaccines are effective at preventing infection, even against the Delta variant. In Alberta, as of October 2021, the vaccine effectiveness against Delta variant is 89%. As these vaccines reduce your chances of having the infection, they **reduce your risk of transmitting COVID-19 to others.**

mRNA vaccines are leading to all these more virulent strains like the Delta variant.

All viruses evolve over time and the major variants, including delta, were present well before community vaccination. We know that widespread vaccination will help stop the spread of COVID and **reduce the opportunity for new variants** to become dominant.

What about Long-term safety? What about lipid nanoparticles and proteins that stay in the body after vaccination?

Historically, vaccine side effects occur within 6 weeks of vaccination. We have 16 months of highly monitored vaccine safety data and have no reason to believe that COVID-19 vaccines should carry any long-term harm. **ALL of the vaccine is cleared from your body within a few days.**

Will COVID-19 vaccination harm my baby if I am pregnant or breastfeeding?

Pregnancy outcomes have been followed through thousands of vaccinated individuals since the initial vaccine trials and show strong evidence that the use of mRNA vaccines is **safe in pregnancy.**

Pregnant patients with COVID-19 are more likely to suffer ICU admission or death. Vaccination is the best protection for both you and your baby.