

# COVID-19 Vaccination Q&A for Students



## 1. Why should I become vaccinated?

- Becoming vaccinated means getting back to the things you love and miss, like school and socializing with friends. By the end of September, proof of vaccination will be required to visit restaurants, gyms, concerts, and the movies. Once you get the vaccine, you can also enjoy the comfort of knowing you have the best possible protection against COVID-19.
- Based on current guidance, if you are fully vaccinated and you are exposed to someone with COVID-19, you do not need to isolate unless you develop symptoms. Individuals who are not fully vaccinated and are exposed to someone with the virus, will be required to isolate for a minimum of 10 days, or as otherwise directed.
- Children and teenagers who get infected with COVID-19 typically experience mild symptoms, however, some children can get very sick requiring hospitalization and experiencing more serious and longer-lasting symptoms. Children can also spread the disease to others who may be at higher risk of illness.

## 2. Who should get the COVID-19 vaccine?

- Anyone born in 2009 or earlier is eligible for COVID-19 vaccination.
- If you are unsure if you should receive COVID-19 vaccine due to allergies or a current health condition, please contact your health care provider for further guidance.

## 3. Are COVID-19 vaccines safe?

- COVID-19 vaccines have been rigorously tested through clinical trials before being authorized by Health Canada. Any severe side effects are reported and monitored to ensure that the benefits of being protected through vaccination are greater than any potential side effects.
- Because of the pandemic, political leaders and scientists have been working very closely together to make COVID-19 vaccines a top priority. This has made it possible to develop safe and effective vaccines in record time.

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## Do COVID-19 vaccines have side effects?

- Common mild and short-term side effects of COVID-19 vaccines are expected, and can include arm pain, tiredness, headache, muscle pain, joint pain, chills, and mild fever. Please remember that while minor side effects may last a day or two, the protection offered through the vaccine is long term, and will protect you from serious illness related to COVID-19. Serious side effects are extremely rare.

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## How do the COVID-19 vaccines work?

- The COVID-19 vaccine is given as a needle in the upper arm.
- The vaccine helps your body develop the antibodies it needs to fight COVID-19. With these antibodies, your immune system will be as prepared as possible to fight the virus so that you're less likely to get sick or have serious illness. You cannot get COVID-19 from the vaccine.
- Two doses of COVID-19 vaccine are required for the highest level of protection. Individuals who receive a first dose of Pfizer BioNTech vaccine are eligible for a second dose 21 days after the first. Individuals are considered fully immunized 14 days after receiving their second dose of vaccine.

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

- COVID-19 vaccines are currently available at community clinics, as well as through certain local pharmacies and health care providers. For an up-to-date list of HPEPH clinics, please visit [hpePublicHealth.ca/vaccine-booking](https://hpePublicHealth.ca/vaccine-booking).
- HPEPH will also be partnering with local school boards to offer COVID-19 vaccination clinics in certain schools, for both students and other members of their household.
- COVID-19 vaccine clinic information is also posted regularly to HPEPH social media channels. Follow us on Facebook, Twitter and Instagram for the latest updates.

7.

## Where do I find my proof of vaccination?

- Vaccination receipts can be downloaded from the provincial website [covid19.ontariohealth.ca](https://covid19.ontariohealth.ca)

**Other questions?** Talk to your health care provider or visit [hpePublicHealth.ca/covid-19-vaccines](https://hpePublicHealth.ca/covid-19-vaccines) for more information about COVID-19 vaccines for youth.

