

# Symptoms after a COVID-19 mRNA vaccine:

## When should I get tested for COVID-19?

Side effects after receiving a COVID-19 mRNA vaccine are common, but usually mild. Most of the time these will go away after a day or two, but sometimes they can last longer. See the COVID-19 mRNA Vaccine After Care sheet for advice on how to manage your symptoms.

The following is a guide on how to know whether the side effects are due to the vaccine, or are symptoms of a COVID-19 or other infection.

Commonly expected side effects **during the first day or two** after getting a vaccine include the following:

**LOCAL SIDE EFFECTS:** These include pain, swelling, or redness where the vaccine was given. In some cases, local reactions may appear a week later with redness, swelling and itching around the injection site. Placing a cool, damp cloth or wrapped ice pack on the spot where the vaccine was given may help.

**GENERAL SIDE EFFECTS:** These symptoms may include tiredness, headache, fever, chills, muscle or joint soreness, nausea and vomiting.

Most of the time, vaccine-related side effects will go away on their own after a day or two.

Some of the side effects of the vaccine are similar to symptoms of COVID-19 infection, while others are not. For example, cough or other respiratory symptoms are not side effects of the vaccine and are more likely to be due to a respiratory infection like COVID-19. Therefore, it is important not to assume that all symptoms are due to the vaccine.

**If you received a COVID-19 mRNA vaccine and experience symptoms, AND you are a contact of someone with COVID-19 or have returned from out-of-Yukon travel in the last 14 days, it is very important that you self-isolate and arrange for COVID-19 testing as soon as possible.**

Use the COVID-19 Self-Assessment Tool available at [service.yukon.ca/en/covid-19-self-assessment/](https://service.yukon.ca/en/covid-19-self-assessment/) or call 811 if you experience any symptoms of COVID-19 infection (apart from local injection-site reactions), especially respiratory symptoms such as cough, runny nose, sore throat, or shortness of breath.



# Consent for immunization

## Information for parents and youth

In Yukon, the [Care Consent Act](#) applies to people of all ages. That means anyone can consent to their own health care as long as they are capable of understanding and appreciating the consequences of that decision (s.6 (4) CCA). If a minor presents with or without parent/representative consent, it is the health care provider's professional responsibility to assess their ability to consent and inform them about their right to provide consent on their own behalf despite the consent or refusal to consent given by the parent(s).

### How does consent work?

Any person under the age of 19 who is capable of providing informed consent to their own health care has the authority to give, refuse, or revoke consent for their own immunizations. They can also determine who can access their immunization records.

Consent is based on capacity, not age, but adolescents do have varying levels of capability. A minor is considered capable of providing informed consent to their own health care if they demonstrate the ability to understand the benefits of vaccination, the risks of not getting a vaccine, and other standard information.

### Your role as a parent:

- Have a conversation with your child about the COVID-19 vaccine.
- Review the **mRNA COVID-19 Vaccine Information Sheet**.
- Answer additional questions your child may have and do your research together.
- If desired, attend your child's vaccine appointment to have further questions addressed at the time of vaccination and to provide parental consent.

### How will consent for COVID-19 vaccines be obtained for 12-17 year olds?

There are **7 steps a health care provider will take** to assess if a minor can provide informed consent to immunization:

1. **Determine authority** – is the client interested in immunization?
2. **Determine capability** by communicating with the client in a way they can understand and that considers any barriers.
3. **Provide standard information on the vaccine** – review who should and shouldn't get immunized, common and expected side effects of vaccine, possible severe events and risk of not getting immunized.
4. **Confirm understanding** of standard information by assessing non verbal cues, answering questions, or clarifying silence.
5. **Provide opportunity to ask questions.**
6. **Confirm consent** – “are you ready to get your vaccination?”
7. **Document** consent or refusal.



# Consentement à la vaccination

## Information à l'intention des parents et des adolescents

Au Yukon, la [Loi sur le consentement aux soins](#) s'applique à tous, sans distinction d'âge. Cela signifie que toute personne peut donner ou refuser son consentement à des soins à condition qu'elle soit en mesure de comprendre les conséquences de cette décision (paragraphe 6(4) de la Loi). Si un mineur se présente avec ou sans le consentement d'un parent ou d'un représentant légal, il est de la responsabilité du professionnel de la santé d'évaluer la capacité du mineur à donner son consentement et de l'informer de son droit à faire son propre choix, quelle que soit la décision de ses parents ou de son représentant légal.

### Quel est le principe du consentement?

Toute personne âgée de moins de 19 ans capable de fournir son consentement éclairé à des soins de santé la concernant a l'autorité de donner, de refuser ou de révoquer son consentement à se faire vacciner. Elle peut également décider qui peut consulter son dossier de vaccination.

Le consentement repose sur les facultés de la personne, et non son âge. Les adolescents ont toutefois différents niveaux de capacité. On considère qu'un mineur est apte à donner son consentement éclairé à des soins le concernant s'il a une capacité avérée à comprendre les avantages de la vaccination, les risques liés à son refus et d'autres renseignements de base.

### Votre rôle de parent

- Discutez du vaccin contre la COVID-19 avec votre enfant.
- Lisez la fiche **Information sur les vaccins à ARNm contre la COVID-19**.
- Répondez aux questions de votre enfant et faites des recherches ensemble.
- Si votre enfant et vous le souhaitez, accompagnez-le à son rendez-vous pour répondre à ses questions et fournir votre consentement.

### Comment le consentement des 12-17 ans sera-t-il recueilli pour la vaccination contre la COVID-19?

Afin de déterminer si un mineur est apte à donner son consentement éclairé à la vaccination, **le fournisseur de soins suivra 7 étapes.**

1. **Déterminer l'autorité** – La personne veut-elle recevoir le vaccin?
2. **Évaluer la capacité de la personne** – Communiquez de manière claire et tenez compte des éventuels obstacles à la compréhension.
3. **Fournir des renseignements de base sur le vaccin** – Expliquez qui devrait ou non se faire vacciner, présentez les effets secondaires courants et prévisibles, et mentionnez les conséquences graves possibles et les risques liés au fait de ne pas recevoir le vaccin.
4. **S'assurer de la compréhension des informations de base** – Évaluez les signes non verbaux, répondez aux questions et clarifiez les non-dits.
5. **Donner la possibilité de poser des questions**
6. **Confirmer le consentement** – « Es-tu d'accord pour te faire vacciner? »
7. **Consigner** – Le consentement ou le refus de consentir doit figurer au dossier.





## Immunocompromised – COVID-19 Vaccine 3<sup>rd</sup> dose

Clients with moderate to severe immunosuppression in the Yukon will be offered a 3<sup>rd</sup> dose of COVID-19 vaccine beginning the week of September 20<sup>th</sup> 2021. This recommendation comes from the National Advisory Committee on Immunization (NACI), a/CMOH Dr. Catherine Elliot and the Yukon Immunization Program.

Below is a list of eligible conditions (with explanations and examples) that are being used to define moderately to severely immunocompromised individuals.

- **Active treatment for solid tumour malignancies**
  - Two major types of solid tumors are sarcomas and carcinomas
    - Sarcomas are tumors in a blood vessel, bone, fat tissue, ligament, lymph vessel, muscle or tendon.
    - Carcinomas are tumors that form in epithelial cells. Epithelial cells are found in the skin, glands and the linings of organs.
  - Active treatment includes chemotherapy, molecular therapy, immunotherapy, targeted therapies including CAR-T, monoclonal antibodies, hormonal therapy radiation therapy
  - Individual must be undergoing active treatment OR were undergoing active treatment at the time of first or second dose
- **Active treatment for hematologic malignancies**
  - Hematologic malignancies: cancers that affect the blood, bone marrow, and lymph nodes (leukemia, lymphoma, myeloma)
  - Active treatment includes chemotherapy, molecular therapy, immunotherapy, targeted therapies including CAR-T, monoclonal antibodies, hormonal therapy radiation therapy
  - Individual must be undergoing active treatment OR were undergoing active treatment at the time of first or second dose
- **Receipt of solid-organ transplant and taking immunosuppressive therapy**
  - Types of solid-organ transplant; kidney, liver, heart, pancreas, lung, intestine
- **Receipt of chimeric antigen receptor (CAR)-T-cell therapy**
  - new treatment for types of leukemia and lymphoma
  - e.g., ABECMA, Kymriah, Yescarta
- **Receipt of hematopoietic stem cell transplant (within 2 years of transplant) or taking immunosuppression therapy**
  - Commonly referred to as bone marrow transplant
  - Must be within 24 months of transplant or are still taking immunosuppressant medications related to transplant

- **Moderate to severe primary immunodeficiency**
  - Primary immunodeficiency is a group of more than 400 rare, chronic disorders caused by hereditary or genetic defects
  - e.g., DiGeorge syndrome, Wiskott-Aldrich syndrome
- **Stage 3 or advanced untreated HIV infection and those with acquired immunodeficiency syndrome**
- **Active treatment with the following categories of immunosuppressive therapies:**
  - **anti-B cell therapies** (monoclonal antibodies targeting CD19, CD20 and CD22)
    - i.e., rituximab, ocrelizumab, ofatumumab, obinutuzumab, ibritumomab, tositumomab, epratuzumab, MEDI-551, belimumab, BR3-Fc, AMG-623, atacicept, anti-BR3, alemtuzumab
    - Clients are eligible if they received treatment of the above medications up to 12 months prior to their initial dose (i.e. January 2020)
  - **high-dose systemic corticosteroids**
    - (e.g., a prednisone dose of  $\geq 2$  mg/kg per day or  $\geq 20$  mg per day for  $\geq 14$  days)
    - Others include dexamethasone, hydrocortisone, methylprednisolone
  - **alkylating agents (e.g. cyclophosphamide)**
  - **antimetabolites (e.g. methotrexate, hydroxyurea)**
  - **tumor-necrosis factor (TNF) inhibitors**
  - **other biologic agents that are significantly immunosuppressive.** (e.g., cancer chemotherapy, radiation therapy, cytotoxic drugs, calcineurin inhibitors, biological response modifiers and antibodies that target lymphocytes). Clients are eligible if they have taken the below medications in the last year, or have had radiation in the last 6 months.
    - **Biologics:** abatacept, adalimumab, anakinra, benralizumab, brodalumab, canakinumab, certolizumab, dupilumab, etanercept, fingolimod, golimumab, guselkumab, infliximab, interferon products (alpha, beta, and pegylated forms), ixekizumab, mepolizumab, natalizumab, omalizumab, reslizumab, risankizumab, sarilumab, secukinumab, siponimod, tildrakizumab, tocilizumab, ustekinumab, or vedolizumab
    - **Oral immune-suppressing drugs:** azathioprine, baricitinib, cyclophosphamide, cyclosporine, leflunomide, dimethyl fumerate, everolimus, mycophenolate, sirolimus, tacrolimus, tofacitinib, upadacitinib, methotrexate, dexamethasone\*, hydrocortisone\*, prednisone\*, methylprednisolone\*, or teriflunomide
    - **Immune-suppressing Infusions/injections:** cladribine, cyclophosphamide, glatiramer, methotrexate

\*Must meet the criteria as defined in “high-dose systemic corticosteroids” section

If you require further clarity whether an individual meets these criteria, call the Yukon Immunization Program:

**Marija Pavkovic RN, BScN, MPH(c)**  
A/Immunization Program Manager  
C. 867-336-2265

**Shellby Fulton BScN, RN**  
Community Health Nurse - Immunization Program  
C. 867-332-7361



# Heart inflammation and COVID-19 mRNA vaccines

**Very rare cases of myocarditis and pericarditis have been reported in people who have received a COVID-19 mRNA vaccination.**

## What are myocarditis and pericarditis?

- Myocarditis is inflammation of the heart muscle.
- Pericarditis is swelling and irritation of the thin tissue surrounding your heart.

The available information suggests these very rare conditions are more frequently reported:

- in teenagers and young adults;
- in males than in females; and
- following the second dose of a COVID-19 mRNA vaccine.

Most people experience **mild** illness, respond well to treatment and rest, and **fully recover**.

## Symptoms

Symptoms usually start within **one week** of vaccination. They include:

- chest pain;
- shortness of breath; and
- feelings of having a fast-beating, fluttering, or pounding heart

If you or your child experience any of these symptoms within one week of vaccination, seek medical care immediately and report that you had a COVID-19 vaccine.

**It is more common to get myocarditis and pericarditis from a COVID-19 infection, than it is to get it from vaccination. The benefits of immunization far outweigh the known and potential risks of COVID-19 infection.**

## How common are myocarditis and pericarditis?

Myocarditis and pericarditis are rare. However, current Canadian vaccine safety data indicate higher reported cases following COVID-19 vaccination with an mRNA vaccine, than would normally be expected in younger people.

- In the Yukon, as of November 4, 2021, the reported rate of myocarditis and/or pericarditis is 0.002%\* of all COVID-19 mRNA vaccine administered.

## Should I still get vaccinated?

Yes. The National Advisory Committee on Immunization (NACI) continues to recommend vaccination with mRNA COVID-19 vaccines because the benefits of COVID-19 vaccines far outweigh their potential risks. The risk of developing myocarditis and pericarditis is much greater following COVID-19 infection than vaccination.

## What if I have a history of cardiac complications?

People with cardiovascular risk factors, such as heart disease and high blood pressure, have a higher risk of complications if they get infected with COVID-19. The risk of complications from COVID-19 infection is much higher than the rare risk of myocarditis or pericarditis from the vaccine; therefore, vaccination is recommended. If you have a complex history of cardiac conditions, consult your health care practitioner to discuss the COVID-19 vaccination.

\* Information based on cases of myocarditis reported to the Canadian Adverse Event Immunization Surveillance System (CAEFIS).

# Information for parents and guardians on the Pfizer vaccine for 5-11 year olds

## Why should I immunize my child against COVID-19?

### 1. The vaccine is the best way to protect kids from getting COVID-19

If your child is immunized:

- They have a greater chance of being protected from COVID-19.
- If they do get sick from the virus their symptoms are usually mild.

While COVID-19 infection in children is often milder than in adults, some kids infected with the coronavirus can get severe lung infections, become very sick and require hospitalization. Immunization will help protect them from severe symptoms and sickness.

### 2. The vaccine helps prevent or reduce the spread of COVID-19

Children can transmit the coronavirus to others if they're infected, even when they have no symptoms. Getting vaccinated against COVID-19 protects your child from the virus and also reduces the chance they will transmit the virus to others, including family members and friends who may be more vulnerable to severe illness from the disease.

### 3. COVID-19 vaccines help protect the community

Vaccinating your child against COVID-19 helps protect the health of those in your community. High vaccination rates help reduce the spread of COVID-19, which helps protect everyone.

### 4. Vaccinating your child will help to keep them participating in things they enjoy

Children have experienced collateral harms from the pandemic. School disruptions, social isolation, and reduced access to academic and extra-curricular resources have had impacts on the mental and physical well-being of children and their families.

## Pfizer vaccine information

### What vaccine will my 5 to 11 year old child receive?

Your child will receive the Pfizer (Comirnaty) pediatric COVID-19 vaccine. The vaccine is administered as a two-dose primary series, recommended to be given 8 weeks apart. It will be given via an injection (needle) into the arm muscle. Children age 5 to 11 receive a lower dose (10 micrograms). Those age 12 and up receive a larger dose (30 micrograms).

### What are the benefits of the vaccine?

Vaccines are the best protection against COVID-19 infection. In clinical trials, the vaccine prevented children age 5 to 11 from becoming sick with COVID-19 and from severe illness (hospitalization and death) with 90.7% efficacy.

### Is the Pfizer COVID-19 vaccine safe?

Yes, the Pfizer COVID-19 vaccine is safe. In the clinical trials children who received the vaccine has no serious side effects. Health Canada does an independent drug review, which is recognized around the world for its high standards and rigor. Decisions are based only on scientific and medical evidence showing that vaccines are safe and effective. The Pfizer Comirnaty 10 mcg vaccine for children received Health Canada approval on November 19, 2021.



## What are the side effects of the vaccine?

After getting vaccinated, it's common to have temporary side effects. These can last a few hours to a few days after vaccination.

This is the body's natural response, as it's working hard to build protection against the disease.

### Common vaccine side effects may include:

Symptoms at the injection site, such as:

- redness
- soreness
- swelling

Flu-like symptoms such as:

- chills
- fatigue
- joint pain
- headache
- mild fever
- muscle aches

Tips for side effects:

- If your child has a sore arm you can apply a cool, damp cloth or wrapped ice pack.
- If your child has pain or fever, you can provide medication such as acetaminophen or ibuprofen.

### Rare vaccine side effects

Rare reactions that have been reported and confirmed after taking a mRNA vaccine are:

Myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining outside the heart). **This reaction was not seen in any children age 5 to 11 in the clinical trials.** In those age 12 and up who had this rare reaction, most had mild illness, responded well to treatment and rest and fully recovered. Read our heart inflammation information sheet online at [www.yukon.ca/en/heart-inflammation-and-covid-19-mrna-vaccines](http://www.yukon.ca/en/heart-inflammation-and-covid-19-mrna-vaccines).

Severe allergic (anaphylaxis) reaction following vaccination is also very rare.

Serious side effects are rare. If you develop serious side effects or a severe allergic reaction (including hives, swelling of your face, tongue or throat, or difficulty breathing) seek medical attention or call 911 right away.

## Why and how was a COVID-19 vaccine developed so much faster than usual?

The efforts to find a vaccine for COVID-19 have been on a scale that's never been seen before. With so many resources put towards it, this vaccine was developed in record time. While the need to deliver the vaccine quickly was important, no steps in the approval process were missed. Instead, with more resources came faster results.

## Appointments

Appointment dates and times will be available online at [www.yukon.ca/this-is-our-shot](http://www.yukon.ca/this-is-our-shot). Clinic information will be posted as soon as it is scheduled. You can also call the COVID-19 InfoLine for information on clinic dates at times at 1-877-374-0425.

## Questions?

I have questions about the vaccine, where can I learn more?

Having questions about vaccination is normal. You can learn more by reading our COVID-19 mRNA vaccine information sheet for ages 5 to 11 ([www.yukon.ca/en/vaccine-information-5to11](http://www.yukon.ca/en/vaccine-information-5to11)) to help decide if vaccination is the right choice for you and your family. Your health-care provider is a great trusted source. Don't hesitate to ask them your questions.

When you look for information online, make sure it's from a trusted source. Examples are the federal or Yukon government health websites.

To read about the Health Canada recommendation visit:  
[covid-vaccine.canada.ca/comirnaty/product-details](http://covid-vaccine.canada.ca/comirnaty/product-details)



# Nervous about getting needles?

Most vaccines are given with a needle. Some people are afraid of needles, which can make it harder to get vaccinated. Here are some useful strategies to help you improve the vaccination experience.

## For parents

### BEFORE

- Explain the process using words your child will understand.
- Be honest and neutral about how the vaccine will feel: "You may feel some pressure or a poke on your arm."
- Explain why the vaccine is important: It will help protect you and your family.
- Say what you will do to help them manage pain or fear (play a game, hold a toy).
- Think about using a numbing cream or gel. These are available over the counter, or speak with your health-care provider. Apply the product 30-60 minutes before the needle.

### DURING

- Stay positive and calm.
- Hold your child on your lap or touch them to provide comfort
- Encourage them to relax their arm and let it feel loose and jiggly like cooked spaghetti.
- Distract them with songs, jokes, toys, bubbles, or mobile devices.

### AFTER

- Congratulate them.
- Ask your health-care provider which medications you can give your child to help manage common side effects like sore muscles and mild fever.

## For everyone

The **CARD** system is a way for everyone to remember ways to help make the vaccination experience better.

### COMFORT

Sit upright and relax your arm.  
Wear a short-sleeve shirt.  
Bring a comfort item.



### ASK

What will happen?  
What will it feel like?  
Can I have privacy?  
Can I use a numbing cream?



### RELAX

Bring a support person.  
Take slow, deep breaths.  
Engage in positive self-talk.



### DISTRACT

Talk to someone.  
Play games.  
Listen to music.



## You can also

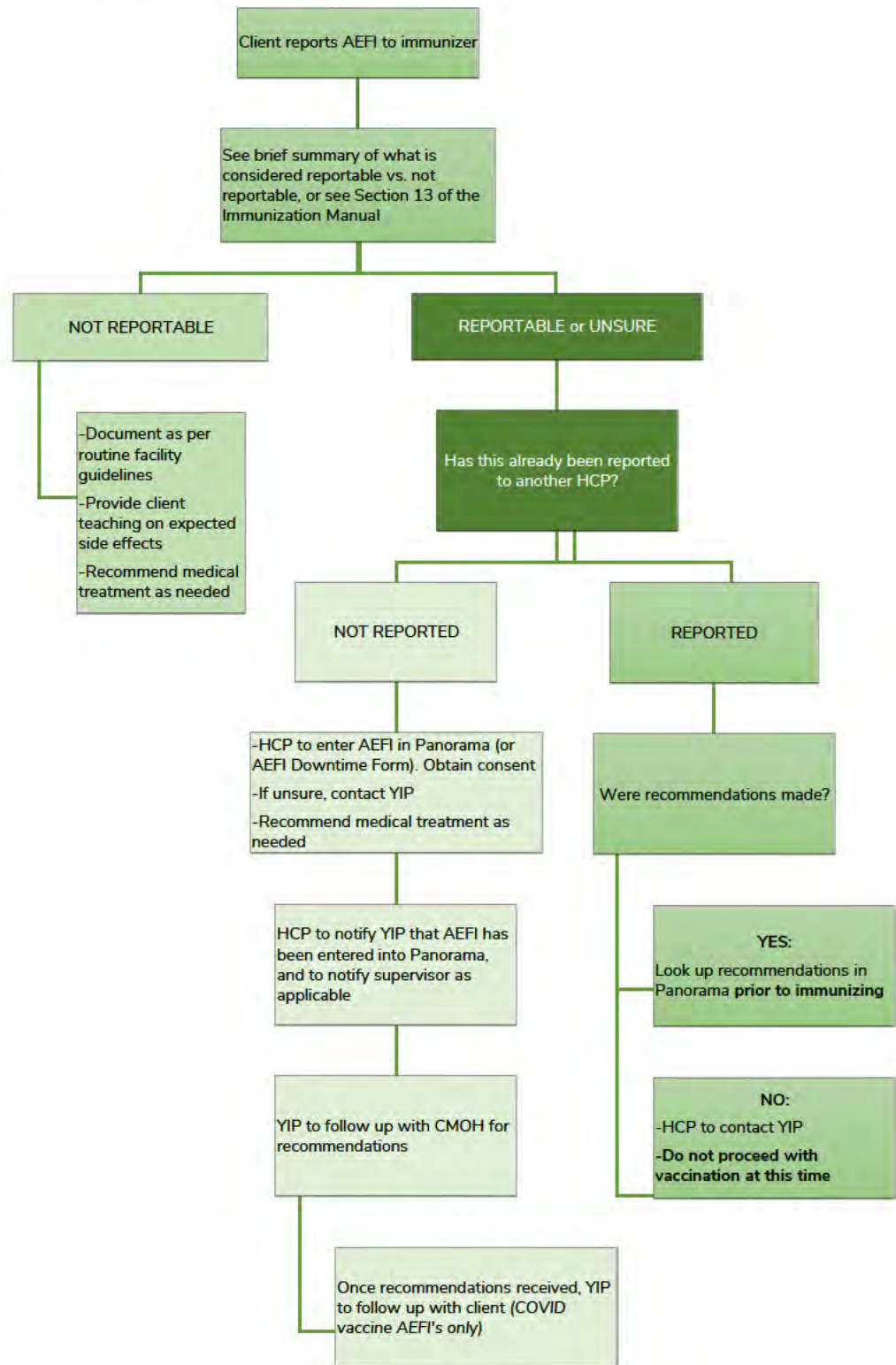
- Talk to your health-care provider about your fears.
- Ask if the vaccine can be given in a private place.



# Adverse Events Following COVID-19 Immunization

## Health Centres

Clients who present with medical events following COVID-19 vaccine, must be reported to the Yukon Immunization Program (YIP) as soon as possible. All reportable events get forwarded by YIP to the CMOH for recommendation, as well as sent to the Public Health Agency of Canada (PHAC). Should a client notify you of an adverse reaction following an immunization, please follow these steps:



## Reactions - Reportable

If client reports any of the below, complete an AEFI report and ensure medical treatment is sought as appropriate. **Do not** administer dose 2 of COVID vaccine until the Immunization Program is consulted or the Medical Officer of Health recommendation is in Panorama.

- **Local:** pain/redness/swelling that extends past the joint or persists longer than 10 days, abscess, cellulitis (physician-diagnosed), nodules
- **Systemic:** significant adenopathy (1+ lymph nodes,  $\geq 1.5$ cm diameter), parotitis, orchitis, generalized rash, severe vomiting or diarrhea (severe AND 3+ episodes in 24hr period), persistent crying (continuous, 3+ hrs), hypotonic-hyporesponsive episode, fever ( $\geq 38^{\circ}\text{C}$ ) in conjunction with another adverse event
- **Allergic:** anaphylaxis, Oculo-Respiratory syndrome, other allergic reactions (e.g. hives)
- **Neurological:** anaesthesia, paraesthesia, Bell's palsy, convulsions, seizures, encephalopathy, Guillain-Barre syndrome, meningitis
- **Other:** arthritis, intussusception, hematochezia, syncope with injury, thrombocytopenia, **other severe or unusual events that are not listed above**

## Common Reactions - Not Reportable

The following reactions do not need to be reported to the Immunization Program. The client can proceed with dose 2 of COVID vaccine, unless told otherwise.

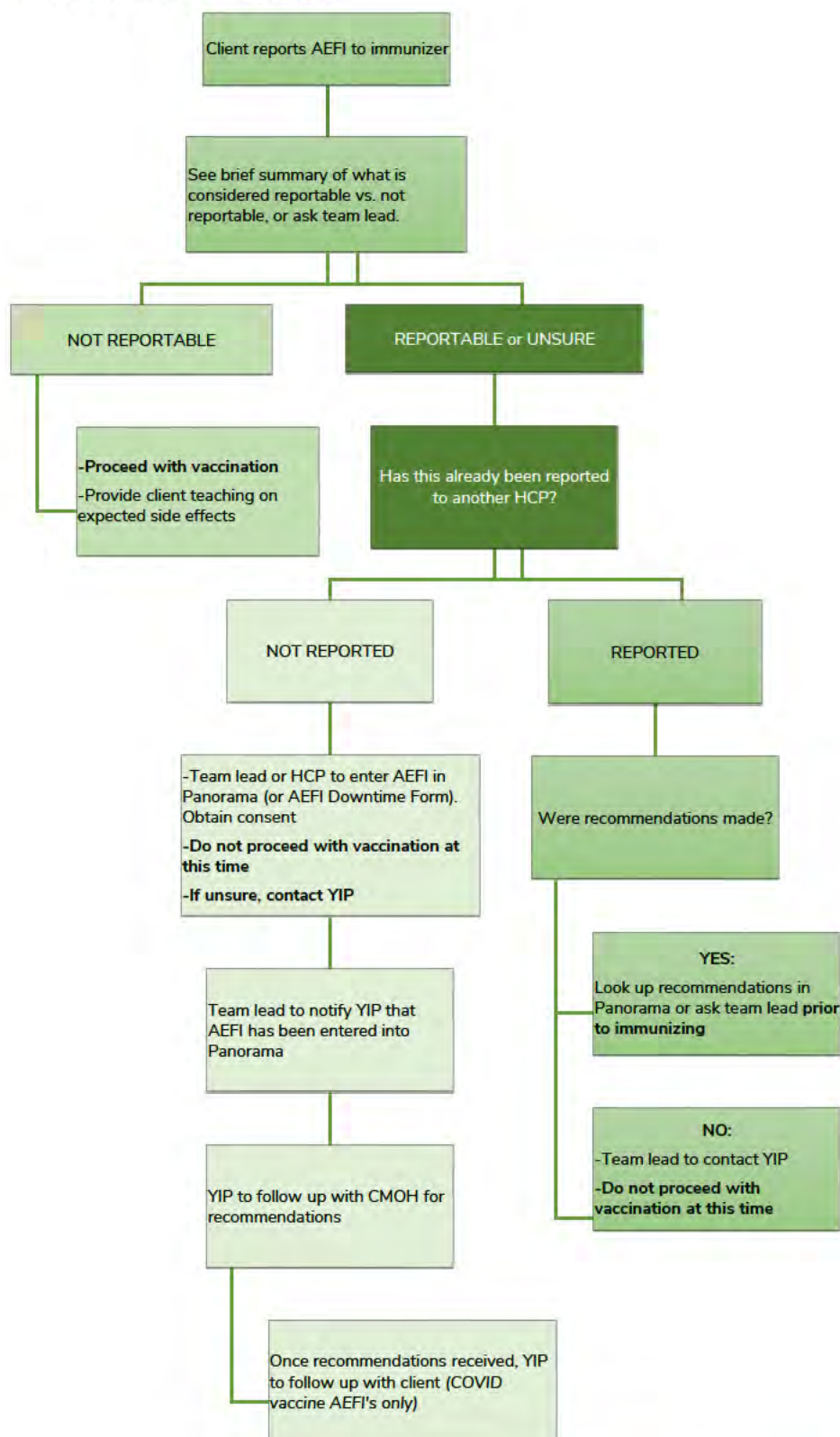
- Localized pain/redness/swelling, or itching, lasting less than 10 days
- Mild to moderate swelling of lymph nodes (less than 1.5cm in diameter)
- Mild to moderate vomiting or diarrhea (did not seek HCP treatment)
- Tiredness, headache, muscle pain, joint pain
- Fever (by it self)

For any questions regarding this process, please visit Section 13 of the Immunization Manual: [https://yukon.ca/sites/yukon.ca/files/hss/hss-imgs/section\\_13\\_-\\_aeafi.pdf](https://yukon.ca/sites/yukon.ca/files/hss/hss-imgs/section_13_-_aeafi.pdf) or contact the Yukon Immunization Program [immunizationprogram@yukon.ca](mailto:immunizationprogram@yukon.ca) or 867-336-2265.

# Adverse Events Following COVID-19 Immunization

## WGH Mass Clinic

Clients who present with medical events following COVID-19 vaccine, must be reported to the Yukon Immunization Program (YIP) as soon as possible. All reportable events get forwarded by YIP to the CMOH for recommendation, as well as sent to the Public Health Agency of Canada (PHAC). Should a client notify you of an adverse reaction following an immunization, please follow these steps:





## Reactions - Reportable

If client reports any of the below, **do not** administer dose 2 until the Immunization Program has been consulted or the Medical Officer of Health recommendation is in Panorama.

- **Local:** pain/redness/swelling that extends past the joint or persists longer than 10 days, abscess, cellulitis (physician diagnosed), nodules
- **Systemic:** significant adenopathy (1+ lymph nodes,  $\geq 1.5$ cm diameter), parotitis, orchitis, generalized rash, severe vomiting or diarrhea (severe AND 3+ episodes in 24hr period), persistent crying (continuous, 3+ hrs), hypotonic-hyporesponsive episode, fever ( $\geq 38^{\circ}\text{C}$ ) in conjunction with another adverse event
- **Allergic:** anaphylaxis, Oculo-Respiratory syndrome, other allergic reactions (e.g. hives)
- **Neurological:** anaesthesia, paraesthesia, Bell's palsy, convulsions, seizures, encephalopathy, Guillain-Barre syndrome, meningitis
- **Other:** arthritis, intussusception, hematochezia, syncope with injury, thrombocytopenia, **other severe or unusual events that are not listed above**

## Common Reactions - Not Reportable

If client reports any of the below, you are safe to proceed with dose 2 (unless told otherwise). If you are unsure, please contact your team lead or the Immunization Program.

- Localized pain/redness/swelling, or itching, lasting less than 10 days
- Mild to moderate swelling of lymph nodes (less than 1.5cm in diameter)
- Mild to moderate vomiting or diarrhea (did not seek HCP treatment)
- Tiredness, headache, muscle pain, joint pain
- Fever (by it self)

For any questions regarding this process, please visit Section 13 of the Immunization Manual: [https://yukon.ca/sites/yukon.ca/files/hss/hss-imgs/section\\_13\\_-\\_aefi.pdf](https://yukon.ca/sites/yukon.ca/files/hss/hss-imgs/section_13_-_aefi.pdf) or contact the Yukon Immunization Program [immunizationprogram@yukon.ca](mailto:immunizationprogram@yukon.ca) or call 867-336-2265.



# JANSSEN COVID-19 Vaccine after Care

## For ages 18 and up

**Wait at the clinic for at least 15 minutes** after receiving your vaccine. You may be asked to wait 30 minutes if there is concern about a possible vaccine allergy. Expected vaccine side effects:

### You may experience the following side effects a day or two after getting the vaccine

- Pain redness or swelling at the injection site
- Other symptoms may include tiredness, headache, muscle pain, joint pain, chills, and fever.

### Tips for side effects

- **Pain, swelling or redness:** apply a cool, damp cloth or wrapped ice pack.
- **Pain or fever:** take medication such as acetaminophen or ibuprofen. Check with your healthcare provider if you need advice about medication.

### Rare Events after getting a vaccine

If you experience any of these symptoms: seek medical attention right away

Rare cases of serious blood clots and/or bleeding have been reported.

Monitor for 4 to 28 days after vaccine:

- Severe headache that does not go away
- Seizure
- Difficulty moving part of your body
- Blurry vision that does not go away
- Difficulty speaking
- Shortness of breath
- Chest pain
- Severe abdominal pain
- New severe swelling, pain, or colour change of an arm or a leg
- Abnormal bruising, reddish or purple spots or blood blisters under the skin

Rare cases of Guillain-Barré syndrome (GBS- a neurological disorder where the body's immune system damages nerves) have been reported:

Monitor following symptoms for 3 to 25 days after vaccination: muscle weakness, numbness, pain, and paralysis in severe cases.

Rare cases of Capillary leak syndrome (CLS - causes fluid leakage from small blood vessels)

Monitor low blood pressure, swelling in the arms and legs, sudden weight gain, in the days following vaccination.

### Symptoms to look out for

- Serious side effects after receiving the vaccine are rare. However, should you develop any serious symptoms or symptoms that could be an allergic reaction (such as hives, swelling of the face, tongue, or throat, or difficulty breathing) call 911 right away.
- Some of the side effects of the vaccine are similar to symptoms of COVID-19 infection, while others are not. Runny nose, sore throat and cough are not side effects of the vaccine. It is important not to assume that all symptoms are due to the vaccine.
- If you received the vaccine and experience symptoms of COVID-19, and you are a contact of someone with COVID-19, self-isolate and arrange for testing as soon as possible. Use the online [COVID-19 Self-Assessment Tool](https://yukon.ca/en/find-respiratory-assessment-centre) at <https://yukon.ca/en/find-respiratory-assessment-centre> or call 811.

### When should I get my next dose?

- If you have moderate to severe problems with your immune system, you may be eligible for a second dose using an mRNA COVID-19 vaccine, with at least 28 days between doses.
- A booster dose of an mRNA COVID-19 vaccine is recommended to people who received the Janssen vaccine; the booster dose is given at least 6 months after the first dose.

## **Section 1: Personal information**

Last name	First name		
Health card #	Date of birth YYYY/MM/DD	Age	
Street address	City	Terr./prov.	Postal code
Phone number	Email		

## **Section 2: Consent**

<p>Are you under the age of 18?</p> <p><input type="checkbox"/> • If yes, <b>VACCINATION IS CONTRAINDICTED.</b></p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>
<p>Do you have any allergies?</p> <p><input type="checkbox"/> • <b>If yes</b>, do you have a known allergy to polysorbates<sup>1</sup>? (Polysorbate 80 is contained in the Janssen vaccine)</p> <p><input type="checkbox"/> • If yes, <b>DEFER VACCINATION</b> and consider referral to specialist prior to immunization.</p> <p><input type="checkbox"/> • <b>If yes</b>, have you had anaphylaxis or severe allergy from an unknown cause?</p> <p><input type="checkbox"/> • If yes, consider referral to specialist prior to immunization.</p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>
<p>Are you feeling ill today?</p> <p><input type="checkbox"/> • If yes, consider deferral.</p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>
<p>Are you or could you be pregnant?</p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>
<p>Are you breastfeeding?</p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>
<p>Do you have any problems with your immune system or are you taking any medications that can affect your immune system? (e.g., high dose steroids, chemotherapy)</p> <p><input type="checkbox"/> • If yes, provide details.</p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>
<p>Do you have an autoimmune disease?</p> <p><input type="checkbox"/> • If yes, provide details.</p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>
<p>If this is your second dose of the COVID vaccine, did you have any side effects after the first dose?</p> <p><input type="checkbox"/> • If yes, provide details.</p>	<p><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>

<sup>1</sup>Polysorbates are found in other medications (e.g., vaccines, vitamins, oils, anticancer treatment and medication tablets), and some creams and ointments.