

COVID-19 mRNA XBB Vaccine Information

AGES 6 months+

Please read this information sheet carefully and ensure all your questions have been answered by a health-care provider before receiving the vaccine.

How do mRNA vaccines work?

- mRNA vaccines teach your body to protect itself against COVID-19 without getting sick from the virus.
- The vaccine causes our body to produce antibodies to help keep us from becoming sick if we are exposed to the COVID-19 virus.

How are the vaccines given?

- Children 6 months to 1 year old will receive the vaccine in the leg (vastus lateralis muscle).
- Those 1 year of age or older will receive the vaccine in the upper arm (deltoid muscle).

Following the recommended schedule results in:

- stronger immune response
- higher vaccine effectiveness that is expected to last longer
- fewer side effects

To book an appointment, visit yukon.ca or contact your local health centre to discuss your options.

What are the benefits of the vaccine?

- The vaccines are the best way to protect against COVID-19 infection.
- This vaccine is updated to help protect against currently circulating strains.
- If infected, the vaccines can also reduce symptoms and help prevent serious illness, hospitalization or death.

Who can get the COVID-19 vaccine?

- Everyone 6 months and older can get the COVID-19 vaccine,
- Most Yukoners can receive a dose if it has been 6 months since their last dose.
- Some individuals, like those under 5 years of age, or those that are immunocompromised may be eligible for more than one dose.
- If you're unsure, talk with your vaccine provider about when you're due for your next dose.

Clients who are pregnant, breastfeeding, immunocompromised, or have an autoimmune condition, can get the vaccine. If you have questions, have a discussion with your health care provider about risks and benefits to help you make a decision.

Who should NOT get the vaccine?

- Anyone 5 months of age and younger.
- Anyone with symptoms that could be due to COVID-19 should wait to be vaccinated so that they do not spread infection to others at the vaccine clinic. Talk with a health-care provider, call 811, or arrange to get tested for COVID-19.
- Anyone with a known allergy to polyethylene glycol (PEG)* or who has had an allergic reaction from an unknown cause.
- People who had a serious or allergic reaction to a previous dose of COVID-19 vaccine should talk to their health-care provider before getting another dose.

* Polyethylene glycol (PEG) can rarely cause allergic reactions. It is found in products such as medications, bowel preparation products for colonoscopy, laxatives, cough syrups, cosmetics, skin creams, medical products used on the skin and during operations, toothpaste, contact lenses and contact lens solution. PEG also can be found in foods or drinks, but is not known to cause allergic reactions from foods or drinks.

**Additional doses of vaccine are recommended for some people who have a weakened immune system, as they may not develop a strong immune response to the vaccine.

More information is available at Yukon.ca.

October 10, 2023

COVID-19 mRNA Vaccine After Care

FOR AGES 6 MONTHS 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 1-2 days after getting the vaccine:



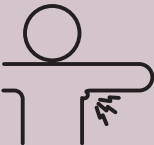
Pain, redness, itchiness or swelling*



Tiredness or headache



Muscle or joint soreness



Swelling or tenderness in the armpit*



Fever or chills



Nausea and vomiting

* may appear right away, or a week or more later

Tips for side effects

Sore arm: apply a cool, damp cloth or wrapped ice pack.

Pain or fever: take medication such as acetaminophen or ibuprofen. Check with your health-care provider if you need advice about medication.

Rare events after getting a vaccine:

Rare cases of heart inflammation have been reported with the mRNA vaccines. Monitor for 7 days after vaccine:

- Chest pain
- Shortness of breath
- Feeling of a fast-beating, fluttering, or pounding heart that does not go away with rest or is accompanied by other symptoms.

These events are rare, however, seek medical attention if you experience any of these symptoms.

Symptoms to look out for

- 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.
- 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 <https://yukon.ca/en/find-respiratory-assessment-centre> or call 811.

When should I get my next dose?

Most individuals ages 6 months and older will only need 1 dose of the updated COVID-19 vaccine to be up to date this fall.

The following people will need 2 or more doses to be up to date:

- Children aged 6 months to 4 years who have never had a COVID-19 vaccine will need 2 doses.
- People who are moderately to severely immunocompromised, including children, should get 3 doses if they have never had a COVID-19 vaccine. Talk with your healthcare provider if you're not sure if you're immunocompromised.

If you want to participate in safety monitoring for COVID-19 vaccines visit: canvas-covid.ca

For more information please visit: yukon.ca/en/covid-19-vaccine

October 10, 2023

**Yukon**