

# COVID-19 VACCINE NEWSLETTER

November 18, 2021

## GETTING THE FIRST, SECOND AND THIRD DOSE OF COVID-19 VACCINE IS QUICK AND EASY

It is strongly recommended that all individuals born in 2009 or earlier receive the full COVID-19 vaccine series as soon as possible. Individuals may receive their second dose of vaccine at least 28 days after their first dose; however, early evidence is showing that an interval of 8 weeks between first and second doses of COVID-19 vaccines result in a more robust and durable immune response and higher vaccine effectiveness. There is a preferential recommendation of the use of Pfizer-BioNTech vaccine for individuals aged 18-24 years old.

For first, second and third doses of COVID-19 vaccine, appointments can be booked [online](#), or by calling 705-360-4819 (Timmins) or 1-800-461-1818, or go to a drop-in clinic to get vaccinated the same day. Visit the [PHU vaccine webpage](#) to find out when upcoming clinics are scheduled.

### NEWS HIGHLIGHTS:

[Health Canada authorizes the use of the Moderna Spikevax COVID-19 vaccine as a booster shot - Canada.ca](#)

[Porcupine Health Unit Pleased to Announce 90% First Dose COVID-19 Vaccination Rate \(porcupinehu.on.ca\)](#)

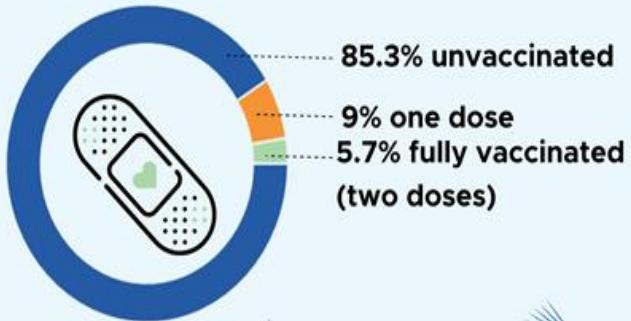
[Health Canada authorizes the use of the Pfizer-BioNTech Comirnaty COVID-19 vaccine as a booster shot - Canada.ca](#)

[Ontario Expanding Booster Eligibility to More Ontarians | Ontario Newsroom](#)

[Government of Canada provides further details on new vaccine requirements - Canada.ca](#)

## Vaccines provide the best protection against COVID-19 and its variants.

PHU, COVID-19 Cases (1,594) May 1 to October 31:



### COVID-19 VACCINE NUMBERS:

Vaccine doses given at PHU immunization clinics: 108,594.

Number of people vaccinated with at least 1 dose of vaccine in the PHU area: 56,122.

90.5% of individuals 12 years of age and older in the PHU area have received at least one dose of vaccine.

85.2% of individuals 12 years of age and older in the PHU area have received two doses of vaccine.

### PORCUPINE HEALTH UNIT COVID-19 INFORMATION LINE

Call or email with any inquiries about COVID-19. If you or a loved one are eligible to receive the COVID-19 vaccine but are experiencing barriers to accessing the vaccine clinics and need support, call, or email the health unit.

Timmins: 705-360-4819 Toll free: 1-800-461-1818

Email: [info4you@porcupinehu.on.ca](mailto:info4you@porcupinehu.on.ca)

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## PROOF OF COVID-19 VACCINATION CERTIFICATES REQUIRED

Proof of COVID-19 vaccination and a piece of identification is required when entering certain high-risk indoor and outdoor businesses and organization to help protect Ontarians against COVID-19. To find out more about vaccine certificates, including where they are needed, visit: [Using your Enhanced Vaccine Certificate: Frequently Asked Questions](#) and [Instructions from the Medical Officer of Health](#). You do not need to download an app, the enhanced vaccine certificate with QR code may be printed or downloaded to your computer, phone, or tablet from the [Ontario COVID-19 vaccination portal](#), or by calling the Provincial Vaccine Contact Centre at 1-833-943-3900.

## VACCINES PROVIDE THE BEST PROTECTION AGAINST COVID-19 AND ITS VARIANTS

The local statistics show that majority of COVID-19 cases in our area between May 1, 2021, and October 31, 2021, occurred in individuals who were not vaccinated. Out of 1,594 COVID-19 cases, 91 cases (5.7%) were fully vaccinated, 144 cases (9.0%) were partially vaccinated, and 1,359 cases (85.3%) were not vaccinated. The COVID-19 vaccinations work! Not only do COVID-19 vaccines help prevent getting a COVID-19 infection, but if you do become infected, the vaccines provide a great protection against COVID-19 hospitalizations and other serious outcomes.

Monthly, you will be able to track local statistics regarding cases and vaccine status in the first Epidemiology Report of each month beginning the first Wednesday in December, which could be found at [Novel Coronavirus \(porcupinehu.on.ca\)](#).

## COMMON THIRD DOSE QUESTIONS

**Is the booster different than the first and second dose?** Either Moderna or Pfizer mRNA vaccines may be used as a booster dose. Residents of long-term care homes, retirement homes or seniors in other congregate living settings, adults 70 years of age and older, and all eligible immunocompromised individuals are recommended to receive the full dose if being offered Moderna. For all other individuals less than 70 years of age, if offering Moderna as a booster dose, a half dose is recommended. If offering Pfizer-BioNTech as a booster dose, the full dose is recommended.

**Will side effects be worse after the third shot?** So far, reported side effects are similar to those after the first and second dose. Most symptoms are mild to moderate, and the most common side effects are fatigue and pain at the injection-site.

**Can we “mix and match” vaccines?** Yes, Pfizer and Moderna are interchangeable. This means that either Pfizer or Moderna can be used as a booster or third dose, regardless of which COVID-19 vaccine was used for the first and second dose.

### HELPFUL LINKS:

[Myocarditis and pericarditis after mRNA COVID-19 vaccination in children: Interim guidance document - SickKids Hospital](#)

[Vaccinated against COVID-19? What does it mean to me? - Canada.ca](#)

[Vaccines for COVID-19 - Canada.ca](#)

[COVID-19 vaccine safety: Weekly report on side effects following immunization - Canada.ca](#)

[Regulating vaccines for human use in Canada - Canada.ca](#)

[Vaccine development and approval in Canada - Canada.ca](#)

[COVID-19: How vaccines are developed \(video\) - Canada.ca](#)

[Reopening Ontario | Ontario.ca](#)

[COVID-19 vaccines for Ontario | COVID-19 \(coronavirus\) in Ontario](#)

[COVID-19 Vaccine Safety \(porcupinehu.on.ca\)](#)

[COVID-19 Vaccine Resources \(porcupinehu.on.ca\)](#)