

**Subject:** COVID-19 Updates - March 10, 2021 - Vaccination Updates  
**Date:** Thursday, March 11, 2021 at 11:48:26 PM Pacific Standard Time  
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**Attachments:** image001.png

## **Information on Vaccines**

We are getting updates from people in Vancouver and Surrey that they are getting vaccines this week – staff and people we support. The vaccine clinics are well organized, with careful attention to keeping people safe throughout the process. The health authorities have sent us a number of documents providing more information on the vaccines. Some excerpts are highlighted below, with links to the full documents:

### **What are COVID-19 mRNA vaccines?**

COVID-19 mRNA vaccines protect against infection from the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that causes COVID-19. The vaccines cause your body to produce antibodies that will help protect you from getting sick if exposed to the virus. The vaccines are approved by Health Canada.

### **What are the benefits of the vaccines?**

The vaccines are the best way to protect you against COVID-19, which is a serious and sometimes fatal disease. In clinical trials, those who received a vaccine were about 95% less likely to become sick with COVID-19. When you get immunized, you help protect others as well, including those who are unable to get the vaccine.

More information here: [BC Centre for Disease Control \(BC CDC\) Handout on mRNA Vaccines](#)

## **COVID-19 Vaccines – After Care Information (Interim VCH Guidelines)**

What should I do right after receiving the vaccine?

- Wait for at least 15 minutes after receiving your vaccine. Longer waiting times may be recommended if there is concern about a possible vaccine allergy.
- Inform a health care provider at the clinic if you feel unwell.
- Allergy symptoms that you need to watch out for and report to the clinic nurse right away: hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these rare events should they occur.

What should I expect in the next few days?

- Common expected side effects typically develop within a day or two after receiving the vaccine, and include the following:
  - Pain, swelling, redness, and/or itchiness around the injection site. These types of reactions are a normal part of your body's immune system response, and may even appear starting 8 days or later after receiving the vaccine. A cool, damp cloth or wrapped ice pack at the site may help.
  - Other symptoms may include tiredness, headache, fever, chills, muscle or joint soreness.

- This vaccine is not a live virus vaccine, and cannot cause COVID-19 infection.
- If you are unable to carry on with your regular activities because of pain or fever after the vaccination, you can take medication such as acetaminophen or ibuprofen.
- Symptoms such as cough or other respiratory and gastro intestinal symptoms are not side effects of the vaccine. Please contact your health care provider or 8-1-1 for advice.
- If you get any symptoms other than local injection site reaction, please take [the BCCDC COVID assessment tool](#). This will let you know if you need to get tested before returning to work.
- If you experience any unusual, persistent or serious symptoms including allergic symptoms, seek medical attention and inform the health care provider you received the COVID-19 vaccine.
- Report any adverse (unexpected) reactions to your local public health unit. To find out where to report see [BCCDC's adverse event map](#)

More information here: [VCH Covid-19 Vaccine After Care Sheet](#)

## Updated Health Guidelines

The PHO is amending the gathering and events order. Up to 10 people may now gather outdoors. All restrictions for indoor gatherings remain in place. For example:

- Up to 10 people may gather at a park or beach
- Up to 10 people may gather in the backyard of a residence
- No gatherings of any size are allowed indoors

Do not gather with several groups of new people – stick to **the same people**. Continue to use COVID-19 layers of protection and maintain physical distancing.

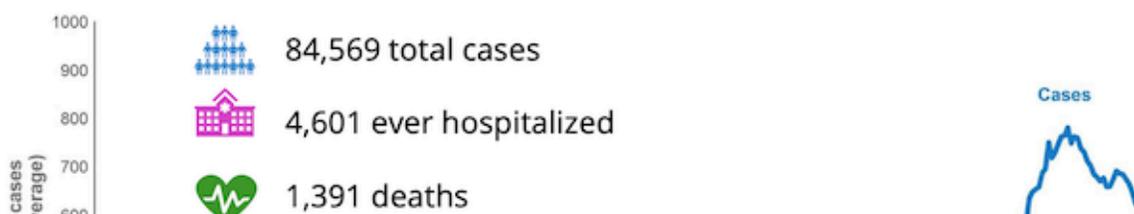
“Our recipe and our plan for the next few weeks is straightforward: Keep using our layers of protection and following the orders and restrictions. If you are seeing others, stay small and it must be outside. ‘Few faces, open spaces and safety layers in place’ are what we need to put COVID-19 behind us.

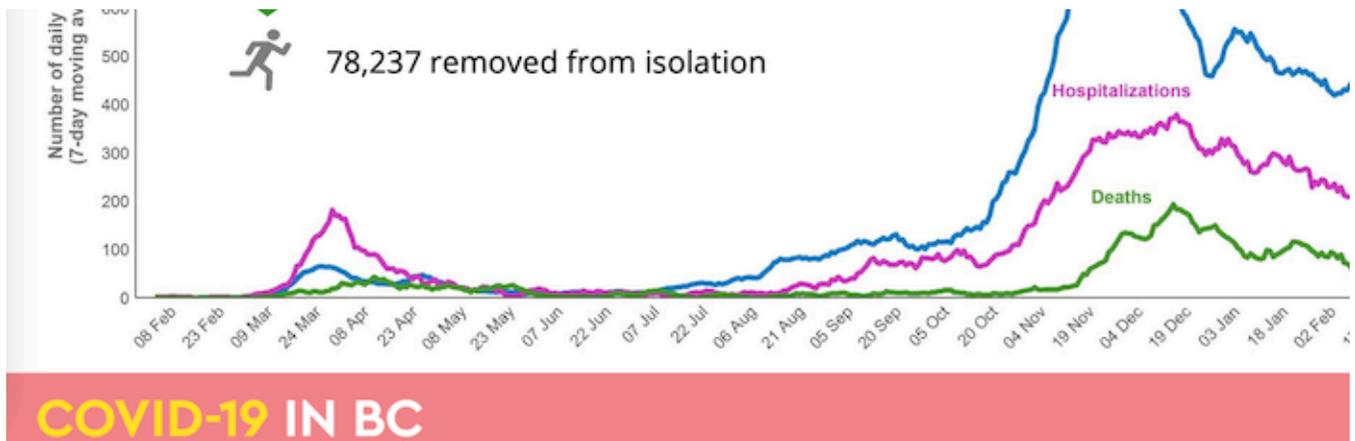
Your personal and collective actions – washing your hands, staying home when ill, wearing masks, giving others the space to stay safe, staying apart from friends and family, and following the public health orders and restrictions – have made a significant difference.”

More information in the March 11, 2021 Joint Update:

<https://news.gov.bc.ca/releases/2021HLTH0020-000457>

## Daily Cases, Hospitalizations, and Deaths by Surveillance January 2020 – March 8, 2021





## Staying Safe, Staying Healthy

It is great that vaccines are beginning to help people stay safe and healthy, but the number of cases in BC is still very high.

Please continue to follow all the basic safeguards that are required to keep people safe and healthy:

- **Stay home if you feel sick – Call 811 for further directions.**
- **Wash your hands regularly**
- **Keep your distance – at least two metres or six feet from people outside your bubble**
- **Wear a mask on transit, in stores, in all indoor public spaces.**
- **Keep your social bubble small – But stay connected with friends and family. Phone, video chat, go for a walk outside – it is so important to keep in touch.**

**Ernie Baatz**

Executive Director

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**Be Calm, Be Kind, Be Safe**