

Are you reluctant to get the COVID-19 vaccine or don't want it at all?

IT'S TOO FAST!

Your questions are legitimate!

“The COVID-19 vaccine was developed too quickly! I don't want to be a guinea pig!»”



Yes, it was developed quite quickly. BUT, in Canada, vaccine safety standards are very high and have been met.

RESPONSE



You wonder why it was so quick?

HERE ARE SOME ANSWERS FOR YOU

Response 1

It was necessary!
Scientists from around the world have been pooling their efforts and sharing their data.

This is the first time in history that such a large scientific community has mobilized in creating the same vaccine!

Response 2

Don't worry, even if the process was fast-tracked, all the steps were complied with, as usual! Several manufacturers, universities and, research centres received funding to develop and produce vaccines. This made it possible to act more quickly!

Response 3

Thousands of people volunteered for the clinical trials.

The effects and effectiveness were therefore studied with a large number of people, which led to reliable conclusions very quickly.

Are you reluctant to get the COVID-19 vaccine or don't want it at all?

Having concerns is normal!

"I am afraid of the vaccine's side effects."



The vaccine can cause unpleasant side effects. But they are a natural response of your body working hard to protect itself from the infection!

RESPONSE

DID YOU KNOW?

The risk of serious consequences is much higher if you catch COVID-19!

Given a lower vaccination rate among young people and a high rate of transmission related to variants, this population has a strong potential for more long COVID!

What is long COVID?

RESPONSE : This is an emerging phenomenon that is not well understood and can persist for months.

The virus can cause damage to the lungs, heart, and brain, increasing the risk of long-term problems (migraines, fatigue, shortness of breath, difficulty concentrating).

Symptoms can last for months and affect all age groups.

Normal side effects of the COVID-19 vaccine include:

- Fever
- Fatigue
- Headache
- Pain at the injection site

While they can last from a few hours to a few days, the symptoms of COVID can last for a very long time!

CONSEQUENCES

Are you reluctant to get the COVID-19 vaccine or don't want it at all?

It's normal to have doubts!



"I don't need the vaccine because I'm young. COVID-19 won't affect me if I get it."



RESPONSE →

Most young people have mild symptoms. Even so, they are anything but pleasant: fever, intense fatigue, headaches, loss of taste and smell. In addition, they can sometimes last for a very long time!

There are also other consequences related to COVID-19 besides those affecting physical health!



PSYCHOLOGICAL IMPACT!

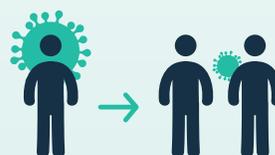
People with COVID-19 must isolate themselves. This means taking time off from work and school. Recreational activities are also excluded. There is also the concern of the risk of transmission to loved ones.

DID YOU KNOW?

Some variants are **2 to 3 times more virulent** and cause more severe or intense symptoms!

The best way to stop the spread of variants is vaccination!

Contagion COVID-19



Contagion of variants



Have you heard or read stories that make you hesitate to get the COVID-19 vaccine?

TRUE OR FALSE?

Being afraid is normal!



“The vaccine causes COVID-19.”

FALSE!

Vaccines do not contain the live virus that causes the disease.

Instead, they give your body’s cells the recipe to make the antibodies needed to fight the virus if it attacks you.

“The vaccine changes your DNA.”



FALSE!

The messenger RNA in the vaccine does not enter the nucleus of your cells.

Therefore, there is no interaction with the DNA or alteration of the genetic code of anyone receiving the vaccine.

“COVID-19 vaccines cause infertility.”



“There is no scientific evidence to suggest that the vaccine could be linked to infertility!”

- Dr. Geneviève Baron, medical advisor to the Direction de santé publique (DSPublique - Public Health Direction) de l’Estrie.

TRUE OR FALSE?

You have not yet received your first dose of the COVID-19 vaccine or you do not wish to receive it?

“We don’t know what goes into the vaccine.”



FALSE!

Yes, we know and you can see the complete list of ingredients on the INSPQ website: [inspq.gc.ca](https://www.inspq.gc.ca).

There are no metals or 5G chips!

“There’s no point in getting the vaccine, because I’ll still have to wear a mask and follow the measures.”



ON THE CONTRARY!

Getting the vaccine is very helpful because it not only protects you, but also your family and community.

Mass vaccination will help us put an end to the health measures and the pandemic!



“I have already contracted COVID-19. So I am protected and I don’t need the vaccine.”

FALSE!

Even if you have already had COVID-19, it is recommended that you receive the vaccine to maximize your immune protection. One dose of vaccine is enough for your protection if you have already had COVID-19.

Under current standards, a person is considered immunized for about 6 months after infection.

If you are planning to travel, two doses are required even if you have already had COVID-19!