



(Photos (Left to Right) of Chief Charlie Football, Madeline Judas, Jimmy Kodzin and Joseph Judas getting their first dose of the COVID-19 vaccine in Wekweètì on Jan. 13/21)

QUESTIONS ABOUT THE MODERNA VACCINE?

How does the Moderna vaccine work?

The Moderna COVID-19 vaccine teaches your body how to protect itself against COVID-19.

Is the COVID-19 vaccine really safe?

Yes, the top experts, scientists, and doctors in Canada carefully reviewed all the evidence and information about the vaccine to make sure it is safe.

The vaccine does not contain the COVID-19 virus so you cannot get the virus from the vaccine.

The Moderna vaccine does not touch or change your DNA.

The government will closely monitor the vaccines to make sure they continue to be safe. Like all medications and vaccines there is small chance of reactions or side effects. If you are worried or have questions, talk to your health care provider to make sure this vaccine is right for you.

Why should I get it if there are no cases in the NWT?

Even though there are no cases now, there are still many COVID-19 cases in the South and will be for a long time. There will always be the risk that someone could bring it into the community and it will spread. This will be very challenging for the health care system to keep up if this happens. An outbreak like the one in Nunavut can happen anytime. The vaccine is the best defense to help stop the coronavirus from being able to spread in the North, and will protect our communities and people.

It is always safer to get the vaccine than to get the disease.

Who can get the Moderna vaccine?

Right now, only those who are 18 years old or older, until they finish more research.

Who should NOT get the vaccine?

- People who have had an allergy to a previous dose of Moderna COVID-19 vaccine

- People who have had an allergy to part of the vaccine or its packaging (list of ingredients: (<https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/moderna.html#a11>))

Who might be able to get the vaccine in the future?

Because the COVID-19 vaccine is still being studied, it is not yet approved for people who:

- Are pregnant or breastfeeding
- Are younger than 18 years of age
- Are immunosuppressed due to a disease or treatment
- Have an autoimmune condition

If you fall into one of these categories, talk with your health care provider. New research is being done and new recommendations about getting the vaccine if you are in one of these groups may change.

When can I get the Moderna Vaccine?

There will be several chances to get the vaccine in your community and more vaccine dates will be announced. There will also be more clinics for the second doses in February and March.

There are new updates about vaccine dates shared regularly on the Public Health website here: <https://www.nthssa.ca/en/services/coronavirus-disease-covid-19-updates/covid-vaccine?fbclid=IwAR35nNQauGSjRRVSKdxVygJYDpHPD-GODGtb9zMWrhv6f7-07yEeDSc90KQ>

For the most up-to-date information in your community, contact the healthcare centres listed below:

Behchokò:

Dates: January 18, 19 and 20, 2021

Time: 9:30 a.m. – 4:30 p.m.

Location: Sportsplex

- Will be issued eligible priority residents:
 - Over the age of 60 years old
 - Those who travel regularly for medical purposes,
 - AND those who have chronic disease (i.e. Chemo in Edmonton) are also eligible for consideration in the priority population
 - Work regularly out of territory or at work camps with out-of-territory workers

- Medical escorts who have to travel south with their loved ones
- Contact Behchokò Health Care Centre between 3:00 p.m. – 5:00 p.m. for more information: 867-392-6075

Gamètì:

Dates: January 18 and 19, 2021

Time: 10:00 a.m. – 4:30 p.m.

Location: Youth Centre

- Available to all eligible residents (18 years and older)
- Will be issued to more residents as vaccine supplies become available
- Contact Gamètì Health Care Centre between 9:00 a.m. – 4:30 p.m. for more information: 867-997-3141

Wekweètì:

Dates: Next clinic date to be announced. Call the number below for more information or to get your name on the list

Time: 10:00 a.m. – 4:00 p.m.

Location: Youth Centre

- Available to all eligible residents (18 years and older)
- Contact Behchokò Health Care Centre between 3:00 p.m. – 5:00 p.m. for more information: 867-392-6075

Whatì:

Dates: January 20, 21 and 22, 2021

Time: 10:00 a.m. – 4:30 p.m.

Location: Culture Centre

- Available to all eligible residents (18 years and older)
- Contact Whatì Health Care Centre between 9:00 a.m. – 4:30 p.m. for more information: 867-573-3261

Yellowknife:

Dates: January 18, 19, 20, 21, and 22, 2021

Time: Call 767-9120 to book an appointment time

Location: Public Health Office in Jan Stirling Building (4702 Franklin Avenue – across the street from Red Apple)

- Issued to priority populations to start.
- To book call Public Health at 867-767-9120. Vaccinations will happen at the Jan Stirling Building Public Health office. If phones are busy leave a message and someone will call you back.

Who is considered “priority populations”?

Priority populations include:

- 60 years of age or older
- Existing chronic disease and multiple medical conditions (such as chronic lung, kidney, or heart disease)
- People who do jobs in which they could spread the virus to people at risk of getting very sick from (such as frontline health care workers, or those who provide care to high-risk vulnerable populations)
- Work regularly out of territory or at work camps with out-of-territory workers
- Medical escorts who have to travel south with their loved ones

What happens if I miss my chance to get the vaccine, but I still want to get it?

Please call the health centre and they will put your name on the list for the next opportunity. There will be more opportunities to get the vaccine so keep checking with the health centre for updates about the dates.

Can I get the vaccine in another community?

Yes, you can get the vaccine in another community if you meet the criteria to get it there. However, it is important to think about when and where you will also get the 2nd dose, because they have to happen at least 28 days apart, and the vaccine will only be offered in the community on certain dates.

How is the Moderna vaccine given?

The vaccine is given in the arm just like the flu shot, but requires two doses at least 28 days apart. You are protected from COVID-19 after your second shot.

What are possible side effects from the vaccine?

Tłchq elders who have already been vaccinated have reported just getting a sore arm. Vaccines, like all medications, can have side effects. Side effects to the Moderna COVID-19 vaccine are usually mild or moderate, and should last only a few days after you get it. Side effects of the vaccine may be more common after the second dose.

Common side effects to the Moderna COVID-19 vaccine are:

- Pain, redness or swelling where the vaccine was given
- Swelling and tenderness in the arm pit
- Fatigue
- Headache

- Muscle or joint pain
- Chills
- Fever

To help with side effects, use a cool cloth over the sore arm and ask your health care provider if you can take medication like acetaminophen (Tylenol) for pain and fever.

Can you have a bad reaction to the Moderna vaccine?

Like any medication, vaccines can have side effects and reactions. After being vaccinated, it's common to have mild and harmless side effects (like a sore arm).

It is extremely rare (less than one in a million) that someone has a very bad reaction, such as a severe allergic reaction. It is important you stay for 15 minutes after you get your vaccine so that the medical staff make sure you are okay after the vaccine. Talk to your healthcare provider if you have questions or concerns about the vaccine including if you have allergies and other health conditions that you are worried about.

Do I have to get the COVID-19 vaccine?

No. Getting the Moderna vaccine is your choice. Make sure to get as much information as you need (from trustworthy sources such as the health centre or TCSA), so that you can make a decision based on real information. There is a lot of wrong information out there, so if you are not sure what is right, ask the health centre.

The vaccine will help keep our communities safe from COVID-19. Getting vaccinated can protect your family and community members who are not eligible to get the vaccine, but might get really sick if they get COVID-19 (such as people who have certain diseases or children). You need to make a decision that is best for you and you should talk to your healthcare provider if you have questions or concerns about it.

Do I have to get all the COVID-19 vaccines for it to work?

It is important that you get TWO doses of the Moderna vaccine at least 28 days apart. However, you do not need to get also get other COVID-19 vaccines, such as the Pfizer vaccine. After your 2nd dose, you are considered protected from COVID-19. At this time we do not know how long the vaccine will work to protect you. A booster dose of COVID-19 vaccine is not recommended at this time.

Will the vaccine protect me from COVID-19 right away?

It takes about two weeks after your second dose for the vaccine to protect you from getting COVID-19. The Moderna COVID-19 vaccine is reported to be 94.1% effective, which means that even if you do get COVID-19, it will be mild and not severe.

Can I still pass COVID-19 to others after the second dose of the Moderna vaccine?

They are still researching to know if people can still pass COVID-19 on to others after they get the Moderna vaccine. Whether you are vaccinated or not, everyone should keep up routine public health measures like:

- Washing your hands often
- Keeping physical distance from others
- Wearing non-medical masks when physical distancing isn't possible
- Keeping your circle small
- Cleaning and disinfecting your home regularly
- Staying home when you're sick
- Getting tested when you have symptoms
- Avoiding unnecessary out of territory travel

The Tłıchǫ Government adapted the Q & A provided by the GNWT Chief Public Health Office:
<https://www.gov.nt.ca/covid-19/en/questions-and-answers>

Access the GNWT's Moderna Information Sheet here:
https://www.hss.gov.nt.ca/sites/hss/files/resources/moderna_vaccine_information_sheet_jan_2021_-_english_0.pdf