



General Delivery, McLeod Lake, BC V0J 2G0
Main Office (250) 750-4415 Fax: (250) 750-4420

April 14, 2021

LETTER TO MLIB MEMBERSHIP REGARDING COVID-19 VACCINATIONS

Information in this letter is taken from the Government of Canada Website at the following link:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines/how-vaccinated.html>

The McLeod Lake Indian Band Health Department would like to extend their support to help our Tse'khene members navigate the process of getting vaccinated for COVID-19.

We understand the process of booking a COVID-19 immunization appointment may be confusing and stressful for some and sometimes this leads to high emotions. Please know all Provincial Health teams are doing their best to book as many Canadians in to get immunized as quickly as possible.

COVID-19 vaccines approved for use in Canada are free. They're available to priority populations first. They'll then be available to everyone who is **recommended to get the vaccine** by federal, provincial and territorial public health authorities

Vaccination is one of the most effective ways to protect our families, communities and ourselves against COVID-19. Provinces and territories are responsible for the vaccination rollout plans for their residents, including:

- the order in which groups will be vaccinated
- when vaccinations will be available
- where vaccinations will be administered
- whether or not you need to register

ALBERTA: Call Health link 811 or go to link www.albertahealthservices.ca

BRITISH COLUMBIA: Call 1-833-838-2323 (this provincial number replaces all the phone lines the health authorities had been operating. Lines are open 7am to 7pm, seven days a week. If you are 18 years old +, and self-identify as indigenous you can register for vaccination at this time.

MANITOBA: please visit website <https://www.gov.mb.ca/covid19/vaccine/clinics.html> for all clinical information on where to get vaccinations.

NEW BRUNSWICK: please visit website <https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/nb-vaccine.html> for all clinical information on where to get vaccinations.

NEWFOUNDLAND AND LABRADOR: please visit website <https://www.gov.nl.ca/covid-19/vaccine/> for all clinical information on where to get vaccinations.

NORTHWEST TERRITORIES: please visit website <https://www.gov.nt.ca/covid-19/en/services/covid-19-vaccine> for all clinical information on where to get vaccinations.

NOVA SCOTIA: please visit website <https://novascotia.ca/coronavirus/vaccine/> for all clinical information on where to get vaccinations.

ONTARIO: please visit website <https://covid-19.ontario.ca/get-covid-19-vaccine> for all clinical information on where to get vaccinations.

SASKATCHEWAN: please visit website <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-vaccine> for all clinical information on where to get vaccinations.

YUKON: please visit website <https://yukon.ca/en/appointments> for all clinical information on where to get vaccinations.

What COVID-19 vaccines have been authorized and how do they work?

Vaccines with FDA emergency use authorization include:

- **Pfizer-BioNTech COVID-19 vaccine.** The Pfizer-BioNTech COVID-19 vaccine is 95% effective in preventing the COVID-19 virus with symptoms. This vaccine is for people age 16 and older. It requires two injections given 21 days apart. The second dose can be given up to six weeks after the first dose, if needed.
- **Moderna COVID-19 vaccine.** The Moderna COVID-19 vaccine is 94% effective in preventing the COVID-19 virus with symptoms. This vaccine is for people age 18 and older. It requires two injections given 28 days apart. The second dose can be given up to six weeks after the first dose, if needed.
- **Janssen/Johnson & Johnson COVID-19 vaccine.** In clinical trials, this vaccine was 66% effective in preventing the COVID-19 virus with symptoms — as of 14 days after vaccination. The vaccine also was 85% effective at preventing severe disease with the COVID-19 virus — at least 28 days after vaccination. This vaccine is for people age 18 and older. It requires one injection.
- **AstraZeneca COVID-19 Vaccine.** Individuals 55 years of age and older, The AstraZeneca COVID-19 vaccine showed an effectiveness of about 62% in preventing symptomatic COVID-19 disease beginning 2 weeks after the second dose. , The vaccine is given by 2 separate injections of 0.5 mL each into the muscle of the arm. For the vaccine to work best, you need to get 2 doses: a first dose and then a second dose 4 to 12 weeks later.

Both the Pfizer-BioNTech and the Moderna COVID-19 vaccines use messenger RNA (mRNA). Coronaviruses have a spike-like structure on their surface called an S protein. COVID-19 mRNA vaccines give cells instructions for how to make a harmless piece of an S protein. After vaccination, your cells begin making the protein pieces and displaying them on cell surfaces. Your immune system will recognize that the protein doesn't belong there and begin building an immune response and making antibodies.

The Janssen/Johnson & Johnson COVID-19 vaccine and AstraZeneca COVID-19 vaccine are vector vaccines. In this type of vaccine, genetic material from the COVID-19 virus is inserted into a different kind of weakened live virus, such as an adenovirus. When the weakened virus (viral vector) gets into your cells, it delivers genetic material from the COVID-19 virus that gives your cells instructions to make copies of the S protein. Once your cells display the S proteins on their surfaces, your immune system responds by creating antibodies and defensive white blood cells. If you become infected with the COVID-19 virus, the antibodies will fight the virus.

Viral vector vaccines can't cause you to become infected with the COVID-19 virus or the viral vector virus. Also, the genetic material that's delivered doesn't become part of your DNA.

Remember, if you have received the vaccination, please continue to follow public health measures to prevent the spread of COVID-19. The main personal preventative measures are:

- staying at home if you're feeling ill or have symptoms of COVID-19
- maintaining a 2-metre physical distance from others
- wearing a non-medical mask, as appropriate
- avoiding touching your face
- cleaning your hands often

If you are having difficulty navigating or accessing the websites to book an appointment for your vaccination, or if you are still unsure and would like to speak to a member for the McLeod Lake Indian Band please call the Band Office and Deborah Prince will be happy to help you get the information you need.

Sincerely,

McLeod Lake Indian Band Health Department