



COVID-19 Vaccination

Vaccine after care

When will I get my second dose?

The appointment for your second dose will automatically be booked for the same time, day and clinic as your first dose. You will receive confirmation by email or text a few days after your first appointment. A reminder will follow 48 hours before your scheduled second dose appointment. **Please note:** second dose vaccine appointments should not be rescheduled, except in the case of an emergency.

Remember to tell your family physician/nurse practitioner you received the COVID-19 vaccine at your next appointment.

How can I help once I get vaccinated?

- Share your story.
- Tell others why you are getting vaccinated and encourage them to do the same.
- Have conversations about COVID-19 vaccine with family, friends and coworkers.
- Continue to follow public health measures.

Now that I have the vaccine, do I still need to wear a mask?

Yes, building immunity takes time. You need two doses of the vaccine spaced apart. It takes 7 to 14 days after your second dose to reach full protection. You must continue to wear a mask after you get the vaccine. Getting vaccinated adds one more layer of protection.

Once I get vaccinated, can I go visit my friends and family?

We do not have enough data. It is unclear if the vaccine prevents symptomless infection or reduces transmission. Even after you are vaccinated, you can still get, carry and pass COVID-19 onto others.

It is important that you continue to follow public health measures after you are fully vaccinated:

- Wear a mask that covers your nose and mouth.
- Avoid gatherings with people that live outside your home.
- Limit trips outside your home (groceries, medical appointments and work).
- Practice physical distancing, stay 2 metres away from people you do not live with.
- Wash your hands often with warm water and soap or alcohol-based hand sanitizer.
- Avoid indoor spaces and crowded places.
- Stay home when you are sick and isolate from others.

We did it!
#TeamVaccineWR

