

Klachkova, Anastasiya (CSC/SCC)

From: Boudreau Harold (NHQ-AC)
Sent: March 11, 2021 9:42 AM
To: Clement Chris (NHQ-AC)
Subject: RE: Gettng a vaccine: BCCDC

I think Kathy would be a good addition to our NHQ group in planning the vaccine roll out as she has great ideas/interested and connected to P/T groups doing work on roll out to inform our work. Did you still want to wait and include her on an adhoc basis?

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From: Clement Chris (NHQ-AC) <Chris.Clement@CSC-SCC.GC.CA>
Sent: March 11, 2021 9:37 AM
To: Dunn Kathleen (NHQ-AC) <Kathleen.Dunn@CSC-SCC.GC.CA>; Kyle Vanessa (NHQ-AC) <Vanessa.Kyle@CSC-SCC.GC.CA>; Ma Kristina (NHQ-AC) <Kristina.Ma@CSC-SCC.GC.CA>; VanDalen Madison (NHQ-AC) <Madison.VanDalen@CSC-SCC.GC.CA>; Boudreau Harold (NHQ-AC) <Harold.Boudreau@CSC-SCC.GC.CA>; Morse Jennifer (NHQ-AC) <Jennifer.Morse@CSC-SCC.GC.CA>
Subject: RE: Gettng a vaccine: BCCDC

Thanks Kathy, it is a nice pictorial.
We could develop something like this and hand out post vaccination.
Thanks
CC

From: Dunn Kathleen (NHQ-AC) <Kathleen.Dunn@CSC-SCC.GC.CA>
Sent: March 11, 2021 8:55 AM
To: Kyle Vanessa (NHQ-AC) <Vanessa.Kyle@CSC-SCC.GC.CA>; Clement Chris (NHQ-AC) <Chris.Clement@CSC-SCC.GC.CA>; Ma Kristina (NHQ-AC) <Kristina.Ma@CSC-SCC.GC.CA>; VanDalen Madison (NHQ-AC) <Madison.VanDalen@CSC-SCC.GC.CA>
Subject: Gettng a vaccine: BCCDC

New release from BCCDC
May be of interest

A nice example

From: Kathy Dunn <kathy_dunn@bell.net>

May be of interest – new infographic and guidance from BC

Getting a vaccine

What can you expect after you receive a COVID19 vaccine?

We've updated our Vaccination Aftercare handout. Learn about COVID-19 side effects, symptoms to watch for, and how to care for yourself after vaccination

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/getting-a-vaccine#after>

COVID-19 Vaccination Aftercare

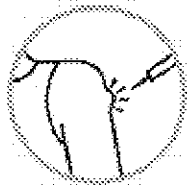


BC Centre for Disease Control
www.bccdc.ca

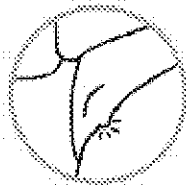
What to expect over the next few days:

Possible side effects

Side effects are common a day or two after getting the COVID-19 vaccine. These can include:



Pain, redness, itchiness or swelling
right away and/or
7 days after



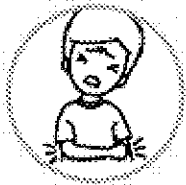
Swollen lymph nodes under armpit



Tiredness or headache



Fever and chills



Muscle or joint soreness



Nausea and vomiting

What to do if you experience side effects

Painful areas: apply a cool damp cloth or a wrapped ice pack.

Discomfort from side effects: take medication such as acetaminophen (Tylenol[®]) or ibuprofen (Advil[®]). ASA (e.g., Aspirin[®]) should not be given to anyone under 18 years of age.

Most side effects are not serious and should go away on their own.

Symptoms to look out for

- Some of the side effects of the vaccine are similar to symptoms of COVID-19. The vaccine will NOT cause or give you COVID-19.
- Symptoms such as a sore throat, runny nose, cough or other problems breathing are NOT side effects of the vaccine.
- If you experience ANY symptoms of COVID-19, use the BC COVID-19 Self-Assessment tool at bc.thrive.health/covid19/en
- If you are worried, contact your health care provider or call 8-1-1.
- Serious side effects after receiving the vaccine are rare. If you develop any serious side effects or a severe allergic reaction (including hives, swelling of your face, tongue or throat, or difficulty breathing), seek medical attention or call 9-1-1 right away. Tell them you've received a COVID-19 vaccine.