

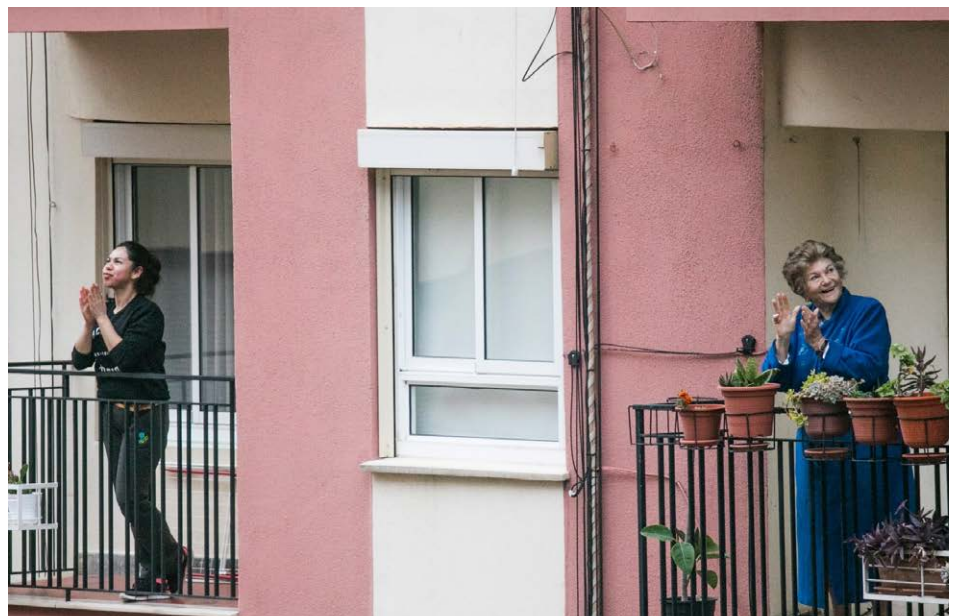


WHAT DO WE MAKE OF COVID-19 VACCINES? LET'S SEEK OUT RELIABLE INFORMATION TO LAY OUR FEARS TO REST

Medical researchers around the world have been working tirelessly in search of ways to treat and prevent COVID-19 since the virus became a fact of life in 2020. As the year drew to a close— and after numerous independent and thorough scientific reviews for safety, efficacy and quality—Health Canada has approved two COVID-19 vaccines for use in Canada.

Over 2,500 health care workers in select long-term care homes and hospitals were vaccinated in December 2020 at the University Health Network in Toronto and The Ottawa Hospital. With a limited supply of vaccines available in Ontario at this time, this group was among the first recipients of the COVID-19 vaccine in Ontario's three phase plan, which prioritizes protecting people who are vulnerable to severe illness and death from COVID-19, and reducing the spread of COVID-19 to high-risk populations.

As our leaders and public servants work to secure more vaccines so as to eventually have them available for everyone; and as healthcare and essential service workers continue to labour for our good; we also can play our part in fighting COVID-19. By actively seeking out reliable information, we can make well informed decisions, not only for our own sakes, but also for the benefit of our families, loved ones and the people in our broader communities!





Priority for Elderly in Nursing Homes

As of January 6, 2021, a team from Michael Garron Hospital completed the first round of COVID-19 vaccination doses for all eligible residents across the 22 long-term-care homes they serve. The Toronto Star also reported that all residents in St. Clair O'Connor Community Long-Term Care Home have received their first round of COVID-19 vaccinations!



Is the COVID-19 vaccine safe?

Contrary to popular belief, the vaccine does not contain the virus and so cannot give someone COVID-19. It works by telling our cells to make a protein found on the coronavirus, which then triggers our body to start making antibodies. These antibodies then serve to fight illness if we are exposed to the coronavirus.

According to Health Ontario, safe and reliable vaccines can help protect us from COVID-19 by helping slow down or stop virus spread once a large enough percentage of the population becomes immune to COVID-19.

Well before we are offered the choice, let's decide on how we will receive these vaccines!

Please visit <https://www.caringforkids.cps.ca/handouts/immunization/vaccines-common-concerns> to read more on how certified paediatricians in Canada answer common questions regarding vaccines.

LET'S USE OUR FREEDOM TO ACT IN WAYS THAT SERVE OUR COMMUNITIES BEST!

Safety measures we all need to continue practising!

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| | | |
| <p>Wash your hands</p> | <p>Wear a face covering</p> | <p>Keep your distance</p> |



Many thanks to City of Toronto, Government of Ontario, the Toronto Star and the Canadian Paediatric Society for supplying information with regards to COVID-19 vaccinations. Thank you to Rusty Watson (healthcare workers, p1), Manuel Peris Tirado (balcony scene, p1), Vladimir Soares (elderly lady, p2) and Jon Tyson (COVID-19 Statue of Liberty, p2) for providing beautiful images free of charge on Unsplash. The image for "Safety measures we all need to continue practicing" on p2 was extracted from <https://www.bbc.com/news/health-51711227>.

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