

WHAT TO KNOW ABOUT THE COVID-19 VACCINE



Canadian
Frailty
Network

I am an older adult living in the community, when can I get the COVID-19 vaccine?



As of June 2021, the Government of Canada (1) has begun administering the second dose of vaccinations for older Canadians, with each province and territory running their own individualized programs. Keep an eye out for updates on government websites or talk to your healthcare provider to find out when you are eligible to receive your vaccine!

Are the COVID-19 vaccines effective for older adults?

Yes. The Pfizer- BioNTech and Moderna vaccines are approved for use by older adults (2). The research studies continue to be monitored so you can be reassured that when a COVID-19 vaccine is offered for your age group it has been well tested for safety and effectiveness.



How does an mRNA vaccine work?

Both Pfizer and Moderna use mRNA vaccines. They use messenger RNA to tell the body how to make a protein from the virus that will trigger an immune response and create antibodies (3).



It seems like we found a vaccine quickly, how can I know it is safe?

The Public Health Agency of Canada has confirmed that all approved vaccines are safe and effective, tested on many people in extensive trials, have met all safety requirements, and are monitored for any adverse reactions (4). While all vaccines have some side effects, they go through rigorous testing to ensure they are safe for public use.



Are there other vaccines I should get?

Yes! It is important to make sure your vaccinations are up to date, including an annual flu shot, shingles, pneumonia, tetanus, diphtheria, and pertussis are up to date. Visit CFNs' website for more information!



For more information visit cfn-nce.ca



Canadian
Frailty
Network

NIA NATIONAL
INSTITUTE
ON AGEING 

or download the [NIA's report on COVID-19 vaccines here!](#)

REFERENCES

(1) Government of Canada. (2021). [Vaccines for COVID-19](#); (2) National Institute of Ageing. (2021). [COVID-19 Vaccines: What Older Canadians Need to Know](#); (3) Government of Ontario. (2021). [COVID-19 Vaccine Safety](#); (4) Public Health Agency of Canada. [What you need to know about the COVID-19 vaccine in Canada](#).