Viral Vector-based COVID-19 Vaccine Information Sheet
Vaxzevria and Janssen COVID-19 Vaccines

Be sure to read this whole sheet carefully and ask a healthcare provider any questions you have before receiving the vaccine.

HOW DO VIRAL VECTOR-BASED VACCINES PROTECT AGAINST COVID-19?
• This vaccine uses a harmless virus, such as an adenovirus that can cause the common cold, as a delivery system. The vaccine does not use the virus that causes COVID-19. The vaccine causes the body to produce protection (such as antibodies) which in turn builds a strong immune response against COVID-19.

WHO SHOULD GET A VIRAL-VECTOR VACCINE?
• A viral vector COVID-19 vaccine should only be offered when an mRNA COVID-19 vaccine is contraindicated to the individual. There are very few situations where an mRNA vaccine cannot be administered such as individuals who had a severe immediate allergic reaction (i.e. anaphylaxis) to a previous mRNA vaccine or component of the mRNA vaccine. These individuals would have received an appropriate consultation with an allergist. If individuals are not able to receive an mRNA vaccine, a viral vector-based vaccine can be offered to people in the authorized age group.
• There are other unique situations where it is acceptable to offer a viral vector vaccine for optimal protection and in populations at highest risk of severe illness from COVID-19. Vulnerable populations (i.e. those living in congregate settings) are at a disadvantage due to social and health risk factors.
• With new and highly infectious variants, infections in these populations can have grave consequences, infecting the residents and causing an outbreak.

Informed consent should include discussion about the risks and benefits of providing a viral vector vaccine.
• In New-Brunswick, AstraZeneca is only offered to those 55 and older and Janssen is offered to those 18 and older.
• Vaccination is very important, even if you had COVID-19. Vaccination after infection helps improve the immune response and may provide better and longer-lasting protection against current and future variants of the virus. A longer interval between infection and vaccination may result in a better immune response. Please click on the Vaccination Post Infection FAQs or check with a health care provider to know when to book your next vaccine dose.
• If you are wondering if the vaccine is right for you, talk to your healthcare provider.

YOU SHOULD NOT GET THE VACCINE IF:
• You do not meet the age requirement or interval identified on the GNB Vaccine Website.
• You are currently experiencing symptoms of COVID-19. Wait until your symptoms are resolved then book an appointment to get your vaccine.
• You have a severe allergy to any ingredient in the vaccine.
• You are currently being treated for, or have a prior history of, capillary leak syndrome.
• You have a history of a vaccine-induced thrombotic thrombocytopenia, or blood clots with low platelets following vaccination, and have been
advised by a healthcare provider not to get another viral vector vaccine dose.

• If any of these circumstances apply, please talk to your health-care provider about your options.

TELL THE HEALTH-CARE PROVIDER IF:
• You have fainted or felt faint after receiving past vaccines or medical procedures.
• You have a bleeding disorder or are taking medication that could affect blood clotting.
• You have recently received specific medications for COVID-19 treatment (monoclonal antibodies or convalescent plasma).
• You have a history of blood clot in the brain with low platelets or a history of heparin-induced thrombocytopenia.
• You have a high-risk of allergic reaction i.e. you have had an anaphylaxis reaction to a previous non-COVID vaccine. Arrangements may be made for you to see an allergy consultant for a risk assessment, get immunized with a different vaccine product or immunized in a location where advanced medical care can be given in a controlled setting (i.e. hospital).

HOW IS THE VACCINE ADMINISTERED?
• The vaccine is given as a needle in the upper arm and will require two doses. If this is your first COVID-19 vaccine, be sure to return for your second dose when indicated.

WHAT SHOULD YOU DO BEFORE COMING TO THE CLINIC?
• Wear a short-sleeve shirt or top with sleeves that are easy to roll up.
• Have something to eat before coming to the clinic.
• Bring your mask.
• Bring any identification required by the clinic, such as your health card.
• If you are returning for your next dose of the vaccine, bring your record of immunization from your first dose. You may register online on MyHealthNB to obtain a record of your COVID-19 immunizations.

WHAT ARE THE COMMON SIDE EFFECTS OF THE VACCINE?
• Common side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for about one to three days. The side effects usually will go away on their own.
• Common side effects include: pain, redness or swelling where the needle was given, tiredness, muscle aches, headache, muscle pain, joint pain, nausea, vomiting, chills or fever. Enlarged lymph nodes (swollen one glands) in your underarm may also occur.
• Rarely, serious symptoms or symptoms of a life-threatening allergic reaction can occur after receiving a vaccine.
• Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage an allergic reaction should occur. Notify clinic staff immediately if you experience any of these symptoms after getting the vaccine.
• Any serious side effects or common side effects that last 72 hours after vaccination should be reported to your health care provider. They will do an assessment and provide you with medical advice. If your health care provider thinks the symptoms are related to the vaccine that was given, Public Health will be consulted.

ARE THERE ANY RARE SIDE EFFECTS I SHOULD WATCH FOR?
• Rarely, serious symptoms or symptoms of a life-threatening allergic reaction can occur after you leave the site of the clinic.
• Talk to your health-care provider about which vaccine is recommended for you. They will take into consideration your risk of:
  - Exposure to COVID-19
  - More severe disease or outcomes if you get COVID-19
• Call 911 right away if you experience any respiratory distress or symptoms of anaphylaxis.
• Some rare reactions that have been found to occur from taking a viral vector vaccine are:
  - Vaccine-induced immune thrombotic
thrombocytopenia (VITT), also call thrombosis with thrombocytopenia syndrome (TTS)

- VITT is a serious condition involving thrombosis (blood clots) and thrombocytopenia (low platelets, which are a part of the blood used for clotting). VITT can cause blood clots to develop in the brain, abdomen, legs and other parts of the body. VITT symptoms can occur within four weeks, and sometimes up to six weeks, after vaccination.

• Capillary leak syndrome (CLS)
  - Capillary leak syndrome is serious and sometimes fatal. It causes fluid to leak from small blood vessels leading to swelling of the arms and legs, sudden weight gain and low blood pressure, resulting in feeling faint.

• Guillain-Barré syndrome (GBS)
  - GBS is a potentially serious neurologic disorder that results in numbness and weakness in the arms, legs, face, chest or other muscles, causing paralysis in severe cases. It can occur within several weeks after vaccination.
  - Most people fully recover from GBS but some have remaining symptoms and fatal cases can occur.

• Immune thrombocytopenia (ITP)
  - ITP results in low platelets (a part of the blood used for clotting) that can cause easy or excess bruising or bleeding. It can occur within four weeks of vaccination and cases can be fatal.
  - Some of the cases of ITP after vaccination have occurred in people with a past problem with low platelets.

• Venous thromboembolism (VTE)
  - VTE causes blood clots in the deep veins such as in the legs, arms or groin that can travel to the lungs causing serious illness.
  - Symptoms include leg pain, leg swelling, stomach pain that lasts for a while, shortness of breath and chest pain.

Some people are more prone to VTE. Discuss your risks with your health care provider.

WHAT ARE THE COMMON SIDE EFFECTS OF THE VACCINE AND WHAT SHOULD I EXPECT IN THE NEXT FEW DAYS?

• Common side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for about one to three days. The side-effects usually will go away on their own.

• Common side effects include: pain, redness or swelling where the needle was given, tiredness, muscle aches, headache, muscle pain, joint pain, nausea, vomiting, chills or fever. Enlarged lymph nodes (swollen glands) in your underarm may also occur.

• For comfort, you can put a cool/damp cloth on the injection site, rest, and/or take pain or fever medication (such as acetaminophen or ibuprofen). Your health care provider may provide you with additional guidance.

• Many of the common side-effects may indicate infection with COVID-19. If you have been infected with COVID-19 at the time of immunization, the vaccine cannot prevent the illness. If you have any COVID-19 symptoms that have not resolved after two days, stay home, self-isolate and register online or call 811 to get tested.

• If your side effects mimic COVID-19 symptoms, stay home until you feel better and get tested if your symptoms last longer than two days.

WHAT SHOULD YOU DO AFTER RECEIVING AN mRNA VACCINE AND THINGS TO REMEMBER AFTER GETTING YOUR VACCINE.

• Wait for 15-30 minutes after receiving your vaccine in a space provided for you by the healthcare provider. Longer waiting times may be recommended if there is concern about a possible vaccine allergy. Be sure to leave your mask on and maintain 2 metres of physical distancing from others.

• Tell the healthcare provider at the clinic if you feel unwell while waiting. If you have been asked to wait in your vehicle, you can honk your horn to get assistance. Do not operate a vehicle or other form of transportation for at least 15-30 minutes after being vaccinated or if you are feeling unwell.
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• Report any unusual symptoms. Rarely, fainting or an allergic reaction can occur immediately after vaccination. Symptoms of an allergic reaction include: hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. Clinic staff are prepared to manage these events should they occur.

• Continue to follow Public health measures and the recommendations of local public health officials (wearing a mask, physical distancing and washing your hands).

• Make an appointment or follow the instructions of the health care provider to ensure you receive the next dose at the right time. Receiving your next dose at the right time will ensure your safety and the best possible protection for you. It is important to complete your series with all recommended doses of the COVID-19 vaccine at the approved interval.

• Keep your immunization record in a safe place. You may register online on MyHealthNB to obtain a record of your COVID-19 immunizations. The paper Record of COVID-19 Immunization provided when vaccinated will continue to be the official record. Keep a copy and take a picture of it. The paper copy or picture of the copy can be used as proof of vaccination for entry to NB businesses.