

COVID -19 Vaccine Information Sessions

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Q&A

GENERAL	
Can you get COVID 19 more than once?	Coronaviruses in general, yes (cold, immune response, response goes away and get the same cold next year) COVID gets a good antibody response. First year have seen that people tend not to, very unlikely, but we have to wait and see
Is it true that after you have COVID 19 you are safer to be around as you already had the antibodies and you cannot make someone sick?	We are still learning about the virus, but it is still advised to distance and wear your mask, as it may be possible to be a carrier.
Why do different countries have different strains developing?	Unsure, there are many variations to why viruses mutate, and will have to wait and see.
Should we be taking Vitamin D?	A couple studies showed patients with high vitamin D intake seemed to have better rates of recovery. Patients in hospital are getting vitamin D, so that indicates that it may help. Personally recommend taking vitamin D in general
There is information shared on social media that the vaccine may give future generations fertility issues.	There is a ton of myths about vaccines, and social media is very powerful to spread misinformation. We only have short-term data for the COVID vaccines but have decades of data with other vaccines that have debunked these myths, and indicate there is no safety risk.
What is a good response to anti vaccinators and anti maskers?	The advice I give is: the reason you are doing these things are to protect the older population and those at-risk, not to only protect yourself.
Why don't dogs spread COVID?	The virus probably started with animal to human transmission from a bat or rat, so in theory it CAN happen, but we are not currently seeing it infecting pets.
Will this vaccine be required every year like the flu shot or is this a one-time shot?	We don't know yet, but studies show that immunity remains high for 3-6 months. We don't know whether the levels will be high enough to protect long-term, so boosters every year are possible.

How quickly does the vaccine become effective?	1 week to 9 days to become effective – super fast
What is the timeline to receive vaccines?	Long-term care is the priority right now; they stopped hospital staff vaccinations during the vaccine shortage because they have more PPE and precautions. I am hopeful that with other vaccines entering the market it will be quicker to vaccinate more people.
Can you comment on the prioritization schedule in regards to individuals of PHSS?	I believe PHSS will be made a priority for individuals due to them being medically complex.
Are there concerns around stretching out the times between first and second doses?	Ideally, you should follow how the study was done, so it makes me uneasy that the vaccinations may not be as effective. Experts say you can delay up to 4 weeks apart and we should trust them. I would rather get it late than not get it, especially in a vaccine shortage.
Is it advised to stay home while waiting for the second dose?	After the first dose there is some protection, but continue as you were before – get groceries, go to work, continue distancing and wearing your mask, etc.
Why is it a two dose vaccine?	Some will be one dose but those are not available yet. The second dose is the same quantity as the first and acts like a booster to enhance the immune response.
How long does it take to produce the vaccine?	Not sure, assume their plants are working 24/7 to develop as many as possible.
What are the long-term effects of the vaccine?	Historically with other vaccines over decades, there are no long term consequences. What we know in the short term is that it is very safe and has lesser consequences than a COVID-19 infection. In this case, benefits outweigh the risk of getting an infection.
Are the vaccines effective to combat the new strains?	UK variant seems to be more infectious, but studies are showing that the vaccine is effective. Viruses can mutate and change. Hopefully like SARS and MERS, it will come and go. There are concerns that the vaccine may not be as effective against South Africa variant.
If you've already contracted COVID-19, do you need to get the vaccine?	At this point – no. Antibodies have already developed and may need a booster, but not at this time.

Is there a difference between Pfizer and Moderna vaccines?	Both the Moderna and the Pfizer/BioNTech vaccines require two shots: a priming dose, followed by a booster shot. There are some differences in the ingredients. I do not know the specific differences at this time.
Why is one vaccine stored at such low temperatures but not the other? Is there any safety concern?	Do not know why one vaccine has to be stored at lower temperatures than the other, but there is no safety concern. The vaccine is <i>stored</i> at a very low temperature, but is reconstituted and brought back to room temperature for injection.
Do people have to be monitored after receiving the vaccine?	Monitoring is not really needed, much like the flu shot: watch for ~10 minutes
There is some talk of getting dose #1 of Pfizer, but a second dose of another, such as Moderna. How safe is this?	I would not recommend this, as the vaccines are not the same and no studies have been done on how they interact. However, if in a vaccine shortage, it may be safer to do this to develop some immunity. The vaccines are very similar, but not the same.
Why did Canada buy 3X the amount of vaccines to the population?	There are many reasons as to why. One reason could be possible extra booster shots in case the dose does not last as long as predicted, or possible charity work. Canada does quite a bit of charity for other countries and could have purchased extra to help support countries that may not be able to afford the vaccine.
Are there any studies for a "natural alternative"?	Pharma is going wild right now, and probably will look at natural alternatives, but right now we don't have it. Some natural medications will help certain conditions: Fish oil, St. John's wart, but not aware of any natural substance that will help yet.
Do you have any faith in the study out of Quebec that using colchicine reduces the disease?	Colchicine is used to treat gout, and has anti-inflammatory properties. It is too early to tell whether this would be beneficial; people need to be very cautious, and it would be advantageous to have a bigger clinical trial.
It seemed that the Pfizer vaccine trial that the majority of people who were studied were Caucasian, can you comment on that?	The demographics of the testing was very broad and reasonably diverse.

Is it safe to receive the vaccine if you have allergies?	<p>Government is being incredibly cautious and does not want anyone to have a severe reaction. Those who have had severe allergic reactions needing an epi-pen or to other medications are being sent home and not able to get it at this time.</p> <p>If there is an allergy to PEG (polyethylene glycol - a stabilizing agent in many vaccines), you cannot get the vaccine.</p>
Is the vaccine safe for people who are pregnant?	Pregnant people were not part of the studies, but after talking to infectious disease experts at the hospital, they recommend that pregnant women get the vaccine and felt there was no risk to the baby.
Is the vaccine safe for children?	Right now, the adult population is the only one studied so far. Their risk of getting super sick is quite low, so experts are nervous to recommend it for children. The province is focusing on older patients right now due to their high risk and shortage of vaccines.
<p>Is it safe for people who are:</p> <ul style="list-style-type: none"> • diabetic • immunosuppressed/have an autoimmune disorder* • adrenal insufficient • asthmatic • have had a kidney transplant 	<p>These populations were not part of the studies. In general, they are more prone to getting sick, so it is recommended that they get the vaccine, and there is no preference as to which vaccine.</p> <p>*It is possible that these people may not make the antibodies needed.</p>
Is there any study about the efficacy or risks in someone with a hyperactive immunological condition?	We don't know yet – there is not enough data at this time. In time we should have more data on how these vaccines will affect people who do not have a normal immune system.