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COVID-19 Vaccines Key Messages

You can help stop the pandemic by getting a COVID-19 vaccine.

To stop this pandemic, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defences so that you will be ready to fight the virus if you are exposed (also called "immunity").

In the coming months, doctors' offices, retail pharmacies, hospitals and clinics will offer COVID-19 vaccines. Your doctor's office or local pharmacy may have contacted you with information about their vaccine plans. If not, you can contact your local health department to find out when and where vaccines will be available in your community.

COVID-19 vaccines are safe and effective.

Governmental vaccine safety systems make sure that all vaccines are as safe as possible. Learn how our governments are working to ensure the safety of COVID-19 vaccines in the **US** and in **Canada**.

Studies show that COVID-19 vaccines are very effective at keeping you from getting the virus. Experts also think that getting vaccinated may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease.

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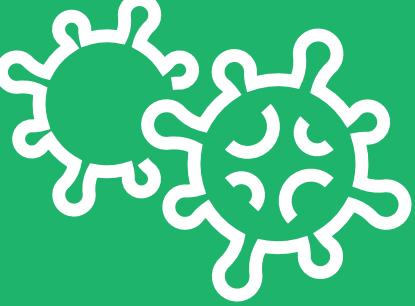
After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building protection.

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities. Most of these side effects should go away in a few days.

You will still need to wear a mask and socially distance after getting each shot of the vaccine for now.

As experts learn more about how COVID-19 vaccination may help reduce the spread of the disease, Black & McDonald will continue to use the latest science to update the recommendations for protecting communities.