

Planning for your COVID-19 vaccine

Information for people with developmental disabilities

November 23, 2022

Should I get the COVID-19 vaccine? Will the vaccine work for me?

- All of the COVID-19 vaccines available in Canada are safe. The people who developed the vaccines didn't take any short cuts.
- The vaccines cannot give you COVID-19.
- Very few people are allergic to the vaccines.
- Doctors and researchers have looked at the evidence. If you get the vaccine, your body will become stronger and will protect you better from COVID-19.
- After you get your first dose of the vaccine, you will be given information about when your second dose will be.

What if I test positive for COVID-19?

- If you've recently had a positive COVID-19 test result, you can wait up to 3 months for a booster dose. The likelihood getting COVID-19 again during this time is small because having COVID-19 boosts your immunity.
- You can also choose to get a booster dose at any time after your symptoms have passed. It is not harmful to get vaccinated and it will boost your protection.

What should I bring to my vaccine appointment?

- You need to bring your health card with you.
- Some people will get COVID-19 vaccine invitation letters from Dr. Bonnie Henry in the mail. If you got a letter, please bring it with you.

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What should I wear to my vaccine appointment?

- Wear a short sleeve shirt, or a top with sleeves that are easy to roll up.
- If you are able to wear a mask, please wear one to your appointment.

Can I bring a family member or caregiver with me?

- Yes! You can bring a family member or caregiver with you.

How else should I plan for my vaccine appointment?

- Make sure you are feeling well. If you aren't feeling well, rebook your vaccine appointment for another day. You won't lose your place in line!
- Talk to your doctor if there is anything new or worse about how you are feeling.
- You can feel safe going to a COVID-19 vaccine clinic, as they are all following COVID-19 safety rules.
- Look at HealthLink BC's general information on [COVID-19 vaccines](#).

Who decides if I should get the COVID-19 vaccine?

- Most people will make their own decision about getting the COVID-19 vaccine.
- Other people will need help to decide from someone they trust.
- Some people won't be able to make the decision so someone will be appointed to make the decision for them.
- If you need help making a decision, bring someone who can help you to your appointment.
- If you have someone making the decision for you, please bring a signed consent form that you can find [on the BCCDC website](#).

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What happens after my vaccine?

- Right after you have the vaccine, you will be told to wait 15 minutes in the clinic to make sure you are feeling well before you can go home.
- The vaccine is new to your body. Your arm might feel sore, and you might get a bit of a fever (feel hot) or feel very tired. This is normal.
- If you are feeling sick after and you are worried, you can call your doctor or the nurse.
- If you start having a very bad reaction to the vaccine, call 9-1-1- and get help from the doctor right away.
- You should remember to wash your hands often and stay home when you don't feel well.
- This is important to keep you and your family and friends safe from COVID-19 and other illnesses.
- You can learn more about what to expect after your vaccine [on the BCCDC website](#).

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My vaccine planning checklist

- Make sure I am feeling well on the day of my vaccine appointment
- Talk to my doctor if I have any concerns
- Bring my COVID-19 Vaccine Invitation Letter from Dr. Henry (if I got one in the mail) and my health card to my appointment
- Wear a mask and a short sleeve shirt, or a top with sleeves that are easy to roll up
- Talk to my family member or caregiver that is coming with me about planning for my appointment and how we will handle consent together
- If someone is making the decision for me, make sure they fill out the [consent form](#) so that I can bring it to my appointment
- Plan to bring the medical and mobility equipment I need with me, leaving anything I don't need at home