



For use at Alberta Health Services (AHS) immunization programs. Use this form when a parent or alternate decision-maker is **not** able to be with the person being immunized at an AHS immunization service. An alternate decision-maker could be an agent, guardian, specific decision-maker or co-decision-maker. The parent or alternate decision-maker should **complete this form** and **send it** with the person being immunized, to the AHS immunization service. For alternate decision-makers – please also send a copy of documents to show that you are authorized to be the alternate decision-maker.

<b>Personal information</b> for the person being immunized		
Name ( <i>Last, First, Middle</i> )	Date of Birth ( <i>dd-Mon-yyyy</i> )	
Personal Health Number (PHN)	Gender	
<b>Health information</b> for the person being immunized ( <i>If you need more space, use the other side of this form.</i> )		
Does this person have any allergies, including allergies to any vaccine, medicine, or food? If yes, describe _____	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Does this person have any chronic illness? ( <i>List all if more than one</i> ) If yes, describe _____	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Is this person taking any medicine? If yes, describe _____	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Is this person pregnant? If yes, describe _____	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Is this person breastfeeding?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Has this person had COVID-19 vaccine before? If yes, when _____	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Has this person ever had a side effect from COVID-19 immunization? If yes, describe _____	<input type="checkbox"/> No	<input type="checkbox"/> Yes
Will this person get another vaccine in the 14 days before they get the COVID-19 vaccine?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
<b>Consent</b>		
<p>I confirm that I have read the COVID-19 vaccine information. I know about and understand the risks, benefits, and common side effects of this vaccine. Any questions I may have had about this person getting this vaccine have been answered by calling the local public health office or Health Link at 811. I understand the information I have been given.</p> <p>I understand this consent is for all doses of the vaccine. I will contact the local public health office or the healthcare provider giving the COVID-19 vaccine if this person:</p> <ul style="list-style-type: none"> <li>• has any changes to their health before getting any dose of the COVID-19 vaccine</li> <li>• gets another vaccine in the 14 days before they get any dose of the COVID-19 vaccine</li> <li>• has a severe or unusual side effect after the first dose of the COVID-19 vaccine (other than the expected side effects listed on the COVID-19 vaccine information sheet)</li> </ul> <p>I consent to this person getting the (only select one):</p> <p><input type="checkbox"/> mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna vaccines)</p> <p><input type="checkbox"/> Viral vector-based COVID-19 vaccine (AstraZeneca/COVISHIELD vaccine)</p> <p><input type="checkbox"/> Either an mRNA or viral vector-based COVID-19 vaccine (This depends on what vaccines are available for this person at the time of their immunization.)</p> <p>I understand that I may withdraw this consent at any time by calling the local public health office or healthcare provider giving the COVID-19 vaccine.</p> <p>I confirm that I have the legal authority to consent to this immunization.</p>		
Printed name of person giving consent	Daytime phone	Other phone
<p>Relationship to person</p> <p><input type="checkbox"/> Parent (with legal authority to consent)</p> <p><input type="checkbox"/> Co-decision-maker</p> <p><input type="checkbox"/> Guardian/Legal representative</p> <p><input type="checkbox"/> Specific decision-maker</p> <p><input type="checkbox"/> Agent</p>		
Signature of person giving consent	Date (dd-Mon-yyyy)	

Alberta Health Services collects health information according to Section 20 of the Health Information Act (HIA). This information is used to provide health services, determine eligibility for health services, or to carry out any other purpose authorized by the HIA. If you have any questions about this, please ask the healthcare provider giving the immunization or contact your local public health office. If you do not know your local public health office, call Health Link at 811 to get this information.



# COVID-19 vaccines

**Immunization protects you from disease. Get protected, get immunized.**

- **Vaccines make your immune system stronger. They build antibodies to help prevent diseases.**
- **Immunization is safe. It is much safer to get immunized than to get this disease.**

## What are COVID-19 vaccines?

COVID-19 vaccines protect against the SARS-CoV-2 virus (also known as COVID-19). COVID-19 is a new strain of coronavirus that has caused a worldwide pandemic. The virus affects the lungs and airways (also called a respiratory illness). Go to [ahs.ca/covid](https://ahs.ca/covid) to learn more about COVID-19.

There are 2 types of COVID-19 vaccines approved in Canada.

### mRNA vaccines

The Pfizer-BioNTech and Moderna vaccines are mRNA vaccines.

mRNA vaccines have messenger RNA (mRNA) that teaches your cells to make a protein (called a spike protein). This is a spike protein like the one that is on the surface of the virus that causes COVID-19. Because the protein is not normally found on your cells, it triggers your immune system to make antibodies against it. So if you come in contact with the real COVID-19 virus, these antibodies will be ready to protect you and fight the virus.

Learn more about COVID-19 mRNA vaccines at [canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html](https://canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html)

### Viral vector-based vaccines

The AstraZeneca/COVISHIELD and Janssen vaccines are viral vector-based vaccines.

Viral vector-based vaccines use a harmless virus (that is not COVID-19) to carry information about the virus that causes COVID-19. This virus will not give you COVID-19. It shows your cells how to make a spike protein, like the one that is on the surface of the COVID-19 virus. This protein triggers your immune system to make antibodies against it. If you come in contact with the real COVID-19 virus, these antibodies will be ready to protect you and fight the virus.

Learn more about viral vector-based vaccines for COVID-19 at [canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html](https://canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html)

## Who should get a COVID-19 vaccine?

You should get a COVID-19 vaccine if you are age 16 years and older. COVID-19 vaccines are free.

You are able to get the vaccine when it is your turn. Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine) to find out what type of COVID-19 vaccine you can get and when you can get it. Please check this page as it is updated regularly.

Everyone is at risk of COVID-19. The vaccine is very important for people who are more likely to be in contact with the virus because of where they work or live. This includes healthcare providers and people who live in a care facility, such as a nursing home.

It is also important for people who have a high risk of complications from COVID-19 to get the vaccine. This includes people who:

- have health problems such as heart, lung, kidney, or liver problems, high blood pressure, or diabetes
- have a lot of extra weight
- are over the age of 60

If you are able to get the AstraZeneca/COVISHIELD vaccine, you can choose to have this vaccine now or wait for an mRNA COVID-19 vaccine.

Once you get your first dose of a COVID-19 vaccine, you will not be able to switch to another type of COVID-19 vaccine to complete your immunization.

## How many doses do I need?

For the COVID-19 vaccines approved in Canada, you need 1 or 2 doses. The number of doses depends on the vaccine you get. If you get a vaccine that needs 2 doses your healthcare provider will let you know when you should get your second dose.

Visit [alberta.ca/covid19-vaccine.aspx](https://alberta.ca/covid19-vaccine.aspx) for more information.

## How well do the COVID-19 vaccines work?

If you are healthy and get all the recommended doses, the protection for COVID-19 is about:

- 95% for an mRNA vaccine
- 60% to 70% for a viral vector-based vaccine

Any COVID-19 vaccine you get will lower your risk of getting seriously ill from COVID-19. It will also lower your risk of needing to be in the hospital.

At this time, there is not enough information to know how long protection lasts or if you will need booster doses.

It is still important to practice recommended public health measures to prevent the spread of COVID-19, even if you have had the vaccine. This includes:

- following guidelines of when to wear a mask or other equipment that helps protect you
- washing your hands often
- staying 2 meters away from others
- staying home when you are sick (this means isolating)
- staying home for 14 days after having close contact with someone who has COVID-19 or after returning from travel outside of Canada (this means quarantining)

Visit [ahs.ca/covid](https://ahs.ca/covid) for more information, including information about isolation and quarantine.

### Where can I get a COVID-19 vaccine?

Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine) to find out where and when you can get the COVID-19 vaccine.

### Are there side effects from COVID-19 vaccines?

There can be side effects from COVID-19 vaccines, but they tend to be mild and go away in a few days. Side effects may include:

- redness, warmth, swelling, bruising, itching, or feeling sore where you had the needle
- feeling tired or unwell
- headache
- fever or chills
- body aches or sore joints
- feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea)
- swollen lymph nodes

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect after a vaccine. Call Health Link at 811 to report any serious or unusual side effects.

### How can I manage side effects?

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Children under the age of 18 years should **not** take aspirin because it can cause serious health problems.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

### What if I need to have another type of vaccine?

Wait at least 28 days after you have a dose of the COVID-19 vaccine before you get another vaccine.

If you have had another vaccine, you need to wait 14 days before you get a COVID-19 vaccine.

### Who should not have a COVID-19 vaccine?

You may not be able to have the vaccine if you:

- have an allergy to parts of the vaccine
- had a severe or unusual side effect after this vaccine or one like it
- are under age 16 years
- have had another vaccine in the last 2 weeks

Check with your doctor or a public health nurse before you get the vaccine.

Be sure to talk to your doctor **before** you get a COVID-19 vaccine, if you:

- have a weak immune system (because of a medicine you take or a health problem)
- have an autoimmune disorder (like rheumatoid arthritis or lupus)
- are pregnant, breastfeeding, or planning to get pregnant in the next 28 days

There is not enough evidence to know if the vaccine is safe and protects against COVID-19 in these groups.

Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

### For More Information



Call Health Link at **811**



Go to **ImmunizeAlberta.ca**



Go to **MyHealth.Alberta.ca**



Go to **ahs.ca/covidvaccine**