

## Answering Your Questions about the Vaccine

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### Question 1: Can I mix Pfizer and Moderna for the second dose?

According to the most recent update by the National Advisory Committee on Immunization (NACI), yes, you can!

NACI says that, if you got the Pfizer or Moderna vaccines for your first dose, you should try to get the same vaccine for your second dose if it is available. However, if the vaccine that you got for your first dose is not “easily available at the time of vaccination without delay or vaccine wastage” ([page 24](#)), NACI recommends that mRNA vaccines, such as Pfizer and Moderna, “can be considered interchangeable and should be offered to complete the series” ([page 8](#)).

The only time when this should not be done is if a vaccine is not approved for someone’s age group ([page 8](#)). For example, children aged 12 to 18 (who do not have any contraindications to vaccines) must get both doses of the Pfizer vaccine ([page 9](#)).

At this time, NACI says that, if you have different vaccines for your first and second dose, your first dose still counts, and you do not need to get a third dose ([page 24](#)).

Source:

1. <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines/recommendations-use-covid-19-vaccines-en.pdf>

### Question 2: Do we need booster shots now forever?

Booster shots may be a possibility to address variants of concern (VOC). However, right now, NACI says that “There is currently no evidence on the need for booster doses of COVID-19 vaccine after the vaccine series is complete. Given the emergence of VOC against which vaccine effectiveness may be decreased, additional vaccine doses may be necessary. NACI will continue to monitor the evidence and update recommendations as needed.” ([page 24](#)).

Research scientists are still investigating:

- If it is necessary to re-vaccinate people who initially received an mRNA vaccine with the same or another mRNA vaccine (e.g. Pfizer and Pfizer, Moderna and Moderna, or Pfizer and Moderna),

- The efficacy and safety of re-vaccinating those who initially received an mRNA vaccine with a different COVID-19 vaccine. (e.g. Pfizer or Moderna mixed with AstraZeneca),
- If re-vaccination with a booster dose of viral vector vaccines (e.g. AstraZeneca and Janssen/Johnson & Johnson) would reduce the effectiveness of the vaccine ([page 49](#)).

Source:

1. <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines/recommendations-use-covid-19-vaccines-en.pdf>

### **Question 3: Who still gets sick from the Delta variant after two doses?**

The people who are most likely to be infected with the Delta variant after being fully vaccinated are the same people who are in the “high risk” category of getting COVID-19. Click [here](#) to see the federal government’s list of “high risk” people.

Getting both doses of the vaccine does not guarantee that you will not get COVID-19 or any of its variants. However, according to the Centers of Disease Control and Prevention (also known as the CDC), studies are showing that having both doses of a COVID-19 vaccine seems to make symptoms less severe than without both doses. For example, people with both doses of the vaccine are less likely to become critically ill and require hospitalization.

According to NACI’s most recent update, “emerging research” suggests that two doses of the Pfizer vaccine is 87.9% effective against symptomatic illness of the Delta variant, and two doses of the AstraZeneca vaccine is 59.8% effective against symptomatic illness of the Delta variant ([page 51](#)).

“Emerging research” means that these studies haven’t been confirmed yet, so keep in mind that these numbers might change later. The document didn’t mention anything about the effectiveness of the Moderna or Janssen/Johnson & Johnson vaccines against the Delta variant.

Sources:

1. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/people-high-risk-for-severe-illness-covid-19.html>
2. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/work.html>
3. <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines/recommendations-use-covid-19-vaccines-en.pdf>

### **Question 4: When can I stop wearing a mask while my Personal Support Worker is here?**

At this time, wearing masks is still a requirement if you are fewer than 2 metres/6 feet from someone. This rule may change as we move into Step 2 of the province's Reopening Plan. Any updates to this situation would be shared on <https://covid-19.ontario.ca/>.

Sources:

1. <https://www.ontario.ca/page/face-coverings-and-face-masks>
2. <https://covid-19.ontario.ca/>

**Question 5: I don't want the vaccine. Do I need to have it to go back to my program?**

Most likely, the answer depends on the policy of the organizations that offer those programs. I recommend that you contact those organizations directly.

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If you think you may be experiencing symptoms of COVID-19, take the self-assessment at [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus). Follow all directions from your medical provider or your local health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000

Toronto Public Health: 416-338-7600

Peel Public Health: 905-799-7700

Durham Region Health Department: 905-668-7711

York Region Public Health: 1-877-464-9675