



# Renfrew County and District Health Unit

## FACT SHEET

# MODERNA COVID-19 Vaccine

### What is Moderna COVID-19 Vaccine used for?

Moderna COVID-19 Vaccine is a vaccine used to prevent the coronavirus disease 2019 (COVID-19) caused by the SARS-CoV-2 virus and can only be administered to adults aged 18 years and older.

### How does Moderna COVID-19 Vaccine work?

Moderna COVID-19 Vaccine works by causing the body to produce its own protection (antibodies) against the SARS-CoV-2 virus that causes the COVID-19 infection. Moderna COVID-19 Vaccine uses a molecule called messenger ribonucleic acid (mRNA) to deliver the set of instructions that cells in the body can use to make antibodies to help fight the virus that causes COVID-19. You cannot get COVID-19 infection from the vaccine. The vaccines are not live vaccines and do not cause the disease they are designed to prevent.

As with any vaccine, Moderna COVID-19 Vaccine may not fully protect all those who receive it. Even after you have had both doses of the vaccine, continue to follow the recommendations of local public health officials to prevent spread of COVID-19. Individuals may not be optimally protected until after receiving the second dose of the vaccine.

### What are the ingredients in Moderna COVID-19 Vaccine?

*Medicinal ingredients:*

- mRNA-1273 SARS-CoV-2

*Non-medicinal ingredients:*

- 1,2-distearoyl-sn-glycero-3-phosphocholine (DSPC),
- acetic acid,
- cholesterol,
- PEG2000 DMG (1,2-dimyristoyl-rac-glycerol, methoxy-polyethyleneglycol),
- lipid SM-102,
- sodium acetate trihydrate,
- sucrose,
- trometamol
- trometamol hydrochloride,
- water for injection.

Of note, Moderna COVID-19 Vaccine vials are not made with natural rubber latex.

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#### Do not receive Moderna COVID-19 Vaccine if:

- You are allergic to the active substance or any of the other ingredients of this vaccine.
- You have had an allergic reaction to a previous dose of Moderna COVID-19 Vaccine, or you currently have symptoms that could be due to COVID-19. Talk with your healthcare professional about your symptoms and getting a COVID-19 test. Your healthcare professional will advise you when you are able to receive the vaccine.

#### To help avoid side effects and ensure proper use, talk to your healthcare professional before you receive Moderna COVID-19 Vaccine. Talk about any health conditions or problems you may have, including if you:

- Have any allergies or previous problems following administration of Moderna COVID-19 Vaccine such as an allergic reaction or breathing problems.
- Have a bleeding problem, bruise easily or use a blood thinning medication.
- Have a high fever or severe infection.
- Have any serious illness.
- Have a weakened immune system due to a medical condition or are on a medicine that affects your immune system.
- Are pregnant, think you may be pregnant or plan to become pregnant.
- Are breastfeeding or plan to breastfeed.

#### Who should delay receiving the Moderna COVID-19 Vaccine?

- Individuals with confirmed or suspected SARS-CoV-2 infection, those with an acute illness, or those with symptoms of COVID-19 in order to avoid attributing any complications resulting from the illness to vaccine-related adverse events and to minimize the risk of COVID-19 transmission at an immunization clinic/venue. It is necessary to wait for all symptoms of an acute illness to completely resolve before receiving the vaccine.
- Symptomatic and asymptomatic individuals who have been advised to self-isolate due to suspected or confirmed COVID-19 infection or due to close contact with a COVID-19 positive case should not attend a vaccine clinic and should wait to get their vaccine until their isolation period is over.
- Individuals who have recently received another vaccine (not a COVID-19 vaccine) should wait at least 14 days before getting a COVID-19 vaccine.
- Individuals who intend to receive a vaccine within 4 weeks of receiving the COVID-19 vaccine.

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### How is COVID-19 Vaccine Moderna Given?

Your health care provider will inject the vaccine into a muscle (intramuscular injection) in your upper arm.

During and after each injection of the vaccine, your health care provider will watch over you for around 15 minutes to monitor for signs of an allergic reaction.

### What are possible side effects from using Moderna COVID-19 Vaccine?

Like all vaccines, Moderna COVID-19 Vaccine can cause side effects. The following are common or very common side effects of Moderna COVID-19 Vaccine. Most of these side effects are mild and do not last long.

- Pain at the injection site
- Tiredness
- Headache
- Muscle ache and stiffness
- Chills
- Fever
- Swelling or redness at the injection site
- Nausea and/or vomiting
- Enlarged lymph nodes

A cool damp cloth where the vaccine was given may help with soreness and, if needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever.

If you experience any side effects not listed here, tell your healthcare professional. Should you develop any serious symptoms or symptoms that could be an allergic reaction, seek medical attention immediately. Symptoms of an allergic reaction include:

- Hives (bumps on the skin that are often very itchy)
- Swelling of the face, tongue, or throat
- difficulty breathing.

If you experience a severe allergic reaction, call 9-1-1, or go to the nearest hospital.

### When will I be able to receive my second dose of the Moderna COVID-19 Vaccine?

In order to increase the number of individuals benefiting from the first dose of vaccine, the province is following recommendations from the [National Advisory Committee on](#)

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[Immunization \(NACI\)](#) to extend the second dose of COVID-19 vaccine to 4 months after receipt of the first dose.

\*Note: Residents of long-term care homes, retirement homes, Elder Care Lodges, assisted living facilities, on-reserve First Nation members, remote and isolated First Nation communities (being supported by Operation Remote Immunity) should receive their vaccine at the interval of 21-28 days. There is specific guidance for medical exceptions to extended dose intervals for COVID-19 vaccines which can be found in the [Vaccine Clinical Advisory Group Recommendations on Exceptions to the Extended Dose Intervals for COVID-19 vaccines](#).

### If you want more information about Moderna COVID-19 Vaccine:

- talk to your healthcare professional,
- find the full product monograph that is prepared for healthcare professionals at <https://covid-vaccine.canada.ca/info/pdf/moderna-covid-19-vaccine-pm1.pdf>, or
- visit our website at [www.rcdhu.com](http://www.rcdhu.com).

### Resources

Reference: Product monograph-Moderna COVID-19 vaccine. Patient medication information. December 23, 2020. Available at <https://covid-vaccine.canada.ca/info/pdf/moderna-covid-19-vaccine-pm1.pdf>

Reference: Administration of Moderna COVID-19 Vaccine. Ministry of Health. April 27, 2020. Available at [https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19\\_Moderna\\_vaccine\\_admin.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_Moderna_vaccine_admin.pdf)

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