



Renfrew County and District Health Unit  
"Optimal Health for All in Renfrew County and District"

## For Immediate Release

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(Pembroke, Ontario, 3:15 p.m., June 25, 2021)

### **The Best Vaccine for Your Second Dose is the First One Available to You**

Renfrew County and District Health Unit (RCDHU), wants to remind residents that interchanging, or "mixing" vaccines is a safe and effective option to gain strong protection from COVID-19.

"We strongly encourage everyone to get vaccinated a second time as quickly as possible," states Dr. Robert Cushman, Acting Medical Officer of Health, RCDHU. "The two mRNA vaccines (Pfizer and Moderna) are essentially identical, and vaccine mixing from different manufacturers is common practice," continues Dr. Cushman.

Interchanging vaccines is not a new practice. Similar vaccines from different manufacturers are used when vaccine supply or public health programs change. Different vaccine products have been used to complete a vaccine series for influenza, hepatitis A, and others.

"While the best vaccine for your second dose is the first one available to you, for the few people that insist on receiving the same vaccine, we will do what we can to schedule you in at a specific clinic at a later date," says Dr. Cushman. "However, we must remind you that vaccine supply is erratic, and this could result in serious delays based on limited supply of the vaccine you want," finishes Dr. Cushman. More information about this process will become available shortly.

As of Monday, June 28, 2021, all Ontarians aged 18 and over who have received their first dose of an mRNA COVID-19 vaccine will be eligible to book their second dose appointment. The appointment is to be booked at least 28 days (4 weeks) after the first dose, per the recommended interval. Individuals who have received an AstraZeneca vaccine as a first dose remain eligible to receive a second dose 8 weeks following their first dose with either an mRNA vaccine or AstraZeneca.

Residents are being asked to book online at [Renfrew County – COVID Vaccination Clinic Registration](#), as this is the fastest way. Alternatively, COVID-19 vaccines remain available through pharmacies. To find a pharmacy near you visit [COVID-19 pharmacy vaccine locations](#).

Additionally, if you have been unable to find an appointment date or time that works for you and are able to come in last minute, you can put your name on the COVID-19 Vaccine Weekly Extra Dose Sign-Up List, which allows residents to be called for last minute or same day appointments that open at various clinics across Renfrew County and District. **We are asking everyone to book the soonest appointment that they can due to the large number of vaccines coming.** Click here to add your name to the [Weekly Extra Dose Sign-Up List](#), or visit [www.rcdhu.com](http://www.rcdhu.com) and click on the COVID-19 Vaccine Rollout webpage and scroll down to the link for the Weekly Extra Dose Sign-Up List.

For more information on getting a second dose and interchanging vaccines, visit RCDHU's [Fact Sheet: Your Second Dose of COVID-19 Vaccine](#). For all other COVID-19 inquiries, visit [RCDHU's website](#) or call 613-732-3629 or 1-800-267-1097.

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