fraser health

Why do I need a second dose?

Immunizations are an extremely effective tool, but they will take time to fully protect us from COVID-19. Your first vaccine dose teaches your immune system how to recognize COVID-19 and how to build antibodies against the virus.

The second dose is practice for your immune system to recognize and prepare to fight off COVID-19 with the immune response your body started to build from the first dose.

Do I need to register for my second dose?

If you booked your first COVID-19 vaccine dose through Fraser Health's website or with a pharmacy, or if you were vaccinated before April 6, you need to register with the Get Vaccinated registration system. Once you are registered, you will be notified when it's your turn to book your second dose appointment.

How do I register for my second COVID-19 vaccine?

You can register for your second COVID-19 vaccine by:

Visiting gov.bc.ca/getvaccinated

Calling 1-833-838-2323

Going in person to a BC Services location

I need help registering, what do I do?

A family member, friend or neighbour can help register you online at **gov.bc.ca/getvaccinated** or call on your behalf at **1-833-838-2323**.

I do not speak English. Are language interpreters available?

Language interpreters are available and can help you register for your COVID-19 vaccine.

Call **1-833-838-2323** and press '**4**' immediately. Once the agent joins the call, say the language that you need and wait for an interpreter to join the call.

What information do I need to provide when I call 1-833-838-2323?

You will need to provide your first and last name, your date of birth, and your address, including a postal code. You will also need to provide one of the following: a phone number (land line); a mobile or cell phone number for text messaging; or an email address where you can be contacted.

Catalogue: #267043 (March, 2022) English. To order, visit: patienteduc.fraserhealth.ca

Page 1

How do I register if I do not have a Personal Health Number (medical care card)?

If you do not have a Personal Health Number (medical care card), you can still register for your COVID-19 vaccine by calling **1-833-838-2323**. The agent will provide you with a temporary Personal Health Number and help you register to ensure you are notified for your second vaccine.

How do I register if I do not have a Canadian visa or status?

Everyone in Canada is entitled to free COVID-19 vaccines. If you do not have a Canadian visa or status, call **1-833-838-2323** to register for your appointment. **You are not required to share any immigration status information to Canada, and it will not be affected by registering for your vaccination**.

How long do I need to wait until I get my second dose?

Once you are registered, you will get an invitation by text, email or phone call to book your second dose appointment. The current recommended wait time between vaccinations is 8 weeks.

Where do I get my second COVID-19 vaccine?

Once you receive your e-mail, text message invitation or phone call to book your second vaccine appointment you will be provided with times and locations across Fraser Health so you can select the one most convenient for you. To find locations near you, visit **fraserhealth.ca/vaccineclinic**.

What should I bring to my second dose appointment?

Please bring any form of personal identification, if you have it, such as a drivers' license, health or medical care card, your work visa, or passport. Wear a mask and a short sleeve shirt and remember to bring your immunization card from your first dose. Please arrive hydrated, have something to eat and drink before your appointment.
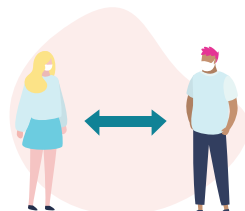
I lost my COVID-19 immunization card. Can I still get my second dose?

Yes, you can. At your second appointment, the staff at the clinic can give you another card.

What should I be doing between doses?

Washing your hands regularly for 20 seconds or using hand sanitizer.

Staying 2 metres or 6 feet apart from others in public spaces.

Wearing a mask where required (such as indoor public spaces).

Avoiding crowds and poorly ventilated spaces.

What vaccines are being offered by Fraser Health's vaccination clinics?

Fraser Health clinics, including Community Testing and Immunization Centers, offer either Moderna or Pfizer vaccines. If you would prefer a non–mRNA COVID–19 vaccine (such as Novavax or Janssen), please call **1–833–838–2323** and request a non–mRNA vaccine appointment.

Will I get a different vaccine than my first dose? Is it safe to mix the vaccines?

Yes, it is safe to mix vaccines. Your second dose may be Pfizer or Moderna and will depend on different factors such as your age, and pre–existing or underlying health conditions.

> **Both the Pfizer and Moderna mRNA vaccines are effective and safe to mix.**

If you can't remember what vaccine you got as your first dose or the date of your first dose appointment, you can check on your **immunization record card** or **online immunization record through Health Gateway.**

What if I received AstraZeneca/COVISHIELD as my first dose?

You can request Novavax or an mRNA vaccine (Pfizer or Moderna) for your second dose. AstraZenenca/COVISHIELD is no longer available in B.C.

If you got your first dose at a local pharmacy and would like to receive Novavax for your second dose, call **1–833–838–2323** and request a non–mRNA vaccine appointment.

If you want to get Pfizer or Moderna for your second dose, you must be registered with the Get Vaccinated registration system (go to page 1 on 'How do I register for my second COVID–19 vaccine').

If you've already registered, wait for your booking invitation. You will be contacted to book your second dose appointment approximately eights weeks after your first dose.

What can I expect after my second dose?

Everyone will have a different experience and response from the vaccination. Some people will feel more side effects after their second dose; for others it may be the same as their first. Each person's response will be unique. If you have any questions or concerns, you can ask the person giving you your vaccine.

Catalogue #267043 (March, 2022) English. To order, visit: patienteduc.fraserhealth.ca

Page 3