



## DIRECTOR'S MESSAGE:

Hello and Happy New Year! What a year 2020 was; it was unlike anything we have ever seen before. It was heartening however, to see how our health care team rallied together to ensure we could continue to provide care to our patients. While the past year was not always easy, we kept moving forward and here we are in a new year.

During this pandemic, SDNPC has been able to “see” our patients using a mix of phone, virtual and in person visits and feedback from patients has been positive. We introduced a patient portal where we can send documents to patients using their email address and we will likely continue to use a mix of these methods moving forward. I know that there are still a lot of unknowns in this pandemic journey, just be certain that your wellbeing and safety is our priority. Yours in health, Jennifer.



## What is COVID-19?

COVID-19 is a respiratory virus caused by a strain of the coronavirus called the SARS-CoV-2. COVID-19 is currently circulating globally, with its first cases being reported on December 31<sup>st</sup>, 2019 in Wuhan, China after a collection of ‘viral pneumonia’ cases had been reported.

## Are there long-term effects of COVID-19?

Some people who previously tested positive for COVID-19, with or without hospitalization, continue to experience symptoms. Some of these include fatigue, respiratory and neurological symptoms.

## What happens to people who get COVID-19?

80% of those who develop symptoms of COVID-19 will recover from the disease without needing any type of hospital treatment.

15% become seriously ill and require oxygen.

5% become critically ill and will need intensive care.

## Why is this information important?

COVID-19 is a highly infectious virus with many complications and long-term effects, but the spread can be prevented with the COVID-19 vaccine.

## How can I prevent the spread of COVID-19?

**Wear a Mask!**  
**Wash your Hands!**  
**Get the vaccine when it is available!**

## Side Effects of the COVID-19 Vaccine

### Can I get COVID-19 from the vaccine?

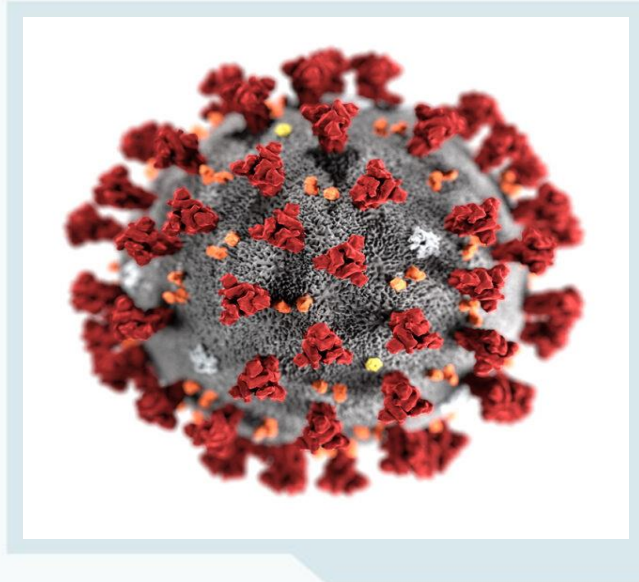
- No, the vaccines that are licensed do not contain the live virus, meaning it cannot infect you with COVID-19 or any other infectious disease.

### I got COVID-19 after receiving the vaccine, therefore the vaccine must have given me COVID-19!

- No, the vaccine cannot give you the COVID-19 virus. However, it is still possible to contract the COVID-19 virus after receiving the vaccine as it takes a few weeks for the body to build an immunity to the virus. If you were infected days **before** or days **prior** to the vaccine, you can get sick as your body would not have enough time to build up an immunity.

### Can I experience side effects from the vaccine?

- Yes, it is completely normal to experience side effects from any vaccine. Common side effects include fever, chills, tiredness and a headache.



## The Fast Development of the COVID-19 Vaccine

### Did scientists and the government rush vaccine production for approval?

- No, steps were not skipped or rushed in the process of development, testing, approval or production of the COVID-19 vaccine.
- The vaccine was produced faster than normal because of never-before-seen levels of collaboration and funding from around the world.

### How was the vaccine developed so quickly then?

- The mRNA used in vaccines and treatments of disease has been around for a while – this is why the vaccine could be developed so quickly. Scientists built the vaccine based on what was already known.