



LITTLE RED RIVER CREE NATION

January 12th, 2021

Re: COVID-19 Vaccine Side Effects

To all LRRCN Residents and Members,

Dr Hinshaw, our Chief Medical Officer of Health in Alberta talked a bit about side effects and adverse reactions of the COVID-19 vaccine yesterday in her update. Please click on the posted link to go to her video update.

COVID-19 Vaccine Side Effects

- Side effects are mild and expected symptoms one might get after taking any medication, or vaccine. In the case of the COVID-19 vaccine, side effects are actually a sign the immune system is building a response against the virus. This is what it is supposed to do.
- Some people will not get any side effects at all. Some people will get one or two side effects. Some will get several. People who do get side effects can expect they will be mild and last less than 2 days.
- Possible side effects include soreness, redness, swelling at the injection site. Headache, muscle, and joint aches. Slight fever, chills, stomach upset, tender lymph nodes, fatigue.

All adults in LRRCN will need to make a choice of whether to get the vaccine or not. No one can force anyone else to get a needle. **Is protecting yourself and the vulnerable people around you from COVID-19 worth possibly getting a headache or a sore arm for a couple of days?**

Thank you,

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