

NOVEMBER 11, 2021

# COVID-19 Update

## Women's Health In Women's Hands CHC

Dear Patients,

We are writing to update you on COVID-19 vaccines. In this communication, we will share:

- Updated Eligibility for 3rd COVID-19 vaccine doses
- How to book your 3rd COVID-19 vaccine
- Information on COVID-19 vaccines for children 5-11 years of age
- Resources you can use to help guide decision making and deciding to get your COVID-19 vaccine

### Updated Eligibility for 3rd COVID-19 vaccine doses

On October 28th, the National Advisory Committee on Immunization (NACI) recommended expanding third doses of the COVID-19 vaccine to the following groups:

- Individuals 70 years of age and older (born in 1951 or earlier)
- Individuals who received two doses of the AstraZeneca COVID-19 vaccine or one dose of the Janssen COVID-19 vaccine
- First Nations, Inuit and Métis adults and non-Indigenous members of their households

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- Health-care workers and designated essential caregivers in congregate settings (including long-term care and retirement home staff and designated caregivers)

If you fall into these groups, a 3rd dose recommended at a minimal interval of 6 months after your second dose.

Due to Ontario's decision to increase the interval of time between dose 1st and 2nd in the spring of this year, many people will not be due for a 3rd dose until end of November or early December.

Those who have completed a 2- dose series are still very well protected from severe illness and hospitalization if they do become ill from a COVID-19 infection. This booster dose is to help provide additional immunity and protection, particularly from the delta variant. For more information, you can view the Ministry of Health Guidance on 3rd doses.

### **How to book your 3rd COVID-19 Vaccine**

At this time, we recommend all patients who fall in these expanded eligible groups to book your 3rd dose at a community clinic. Booking options will become available Nov 6th. You can use the provincial vaccination portal to find a clinic near you.

At this time, we will not be offering 3rd doses to these expanded groups in our clinics. Our priority will be to continue to provide 1st, 2nd doses for those who haven't had these yet, and 3rd doses for immunocompromised patients in our November 30, 2021 COVID-19 Vaccine clinic taking place from 1-3.

### **Note: COVID-19 Vaccines for Children 5-11 Years of Age**

Health Canada has not yet approved the use of Pfizer or Moderna in children 5-11 years of age, however we anticipate this approval will be coming soon.

Once these vaccines are approved, we encourage all parents to get their children vaccinated. We continue to see higher rates of COVID-19 infections in people who are unvaccinated. Children becoming vaccinated will help ensure schools can remain open and leaves less opportunity for the virus to spread and change. This will be a huge step towards achieving immunity.

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Resources you can use to help guide decision making and deciding to get your COVID-19 vaccine

We know there is a lot of information and it continues to be updated regularly. We wanted to alert you to some trusted and reputable resources you can use to make a decision about getting your 1st, 2nd, or 3rd dose.

- VaxFacts: The Scarborough Health Network is ready to talk with you and answer any questions you have related to vaccines. You can book a 20-minute phone appointment here to talk with one of the clinic doctors.
- SickKids Covid-19 Vaccine Consult Service: Book an appointment to have a safe, judgement-free conversation about the covid-19 vaccine for children and youth. You can book online here or call 437-881-3505.

Call us today for your Flu Shots! Our Flu Clinic/Drop in hours are as follows:

Wednesdays from 10am – 12pm

Fridays from 2pm – 4pm.

Yours in Wellness,

Women's Health in Women's Hands

