

# McGill

Ingram School  
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Montreal City  
**Mission**  
communautaire  
de Montréal

## COVID-19 Immunizations Periodic Health Exams

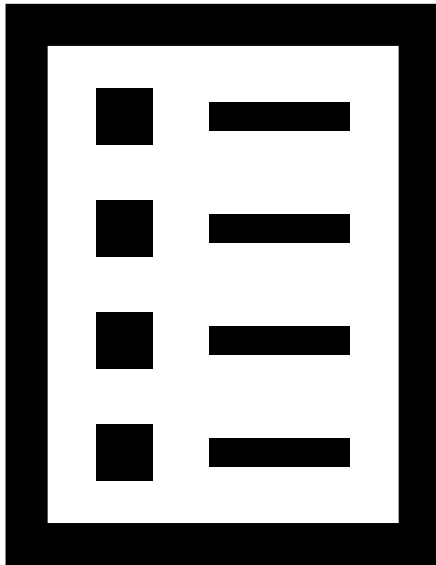
Montreal City Mission  
&  
Beaconsfield United Church Women's Collective  
&  
McGill Nursing Students

Health Workshop  
November 17, 2020

# COVID-19

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# Plan for the day

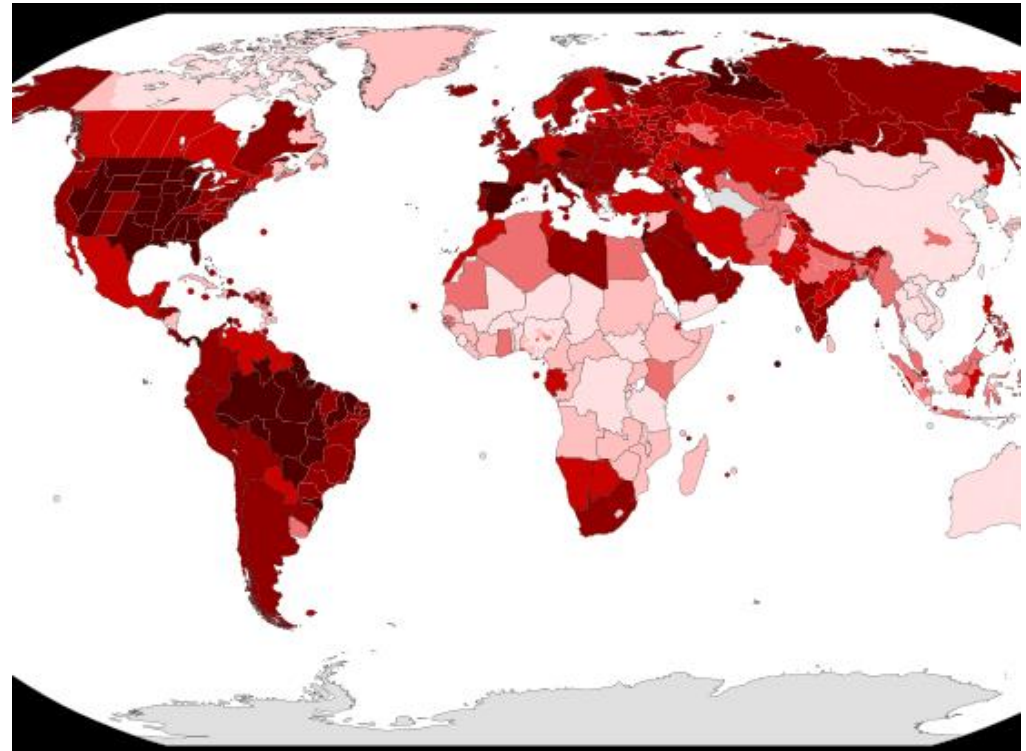


- General information on COVID-19
- How is COVID-19 spread?
- What is the situation now in Montreal?
- How to protect yourself?
- What are the signs and symptoms of COVID-19?
- What to do if you have COVID-19 symptoms?
- COVID-19 testing: when? Where? Results?
- COVID Alert Application
- More helpful information and resources for you

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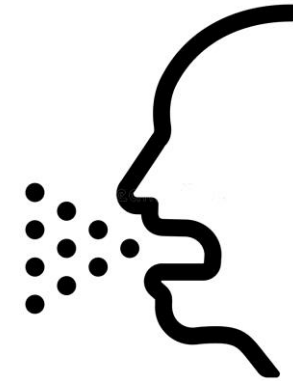
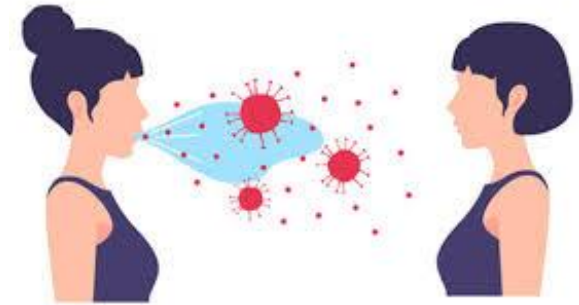
# General information on COVID-19

- Disease caused by a virus
- Pandemic = disease has spread to large regions, worldwide
- Recovery **WITHOUT** hospital treatment  $\approx$  80% of people with COVID-19 and its symptoms
- Requires oxygen or intensive care  $\approx$  20%



# How is COVID-19 spread?

- Droplets
  - Created when a person coughs / sneezes / talks / shouts / sings
  - If these droplets reaches your eye, nose or mouth
- Aerosol
  - Small droplets with virus can stay in the air longer
- Contact
  - Touching someone infected → touching eyes, nose, mouth
  - Touching objects that has the virus → touching eyes, nose, mouth



# Who are most at risk?



Recall: 20% of infected individuals become very sick.

Mostly...

- Older than 60 years old

And / or has an underlying disease:

- High blood pressure
- Heart / lung problems
- Diabetes
- Obesity
- Cancer

!!!!But remember: EVERYONE, not only people who have the above CAN get very sick if infected with this virus.

# What is the situation in Montreal?

- Red zone
- Mask wearing is mandatory for those 10 years old and older in total/partially closed areas
- Restrictions
  - Private gatherings: indoor and outdoor
  - Receiving visitors at home. (Exceptions: caregiver, planned labor work)
  - Travelling to other color zones not recommended
  - Sports (Exceptions: individuals / duo activities )
- Schools
  - All staff members must wear medical mask
  - Preschool / Elementary: groups are formed, and students always stay with the same group
  - Secondary: All students must wear a mask



# Signs and symptoms of COVID-19

## Common\*

- Fever
- Dry cough
- Fatigue

## Severe symptoms\*

- Difficulty breathing
- Chest pain or pressure
- Confusion
- Temperature higher than 38°C

## Less common symptoms

- Nasal congestions, loss of taste / smell, sore throat, headache, skin rashes, nausea, vomiting, diarrhea, chills, dizziness, conjunctivitis

\*\*If you experience common and / or severe symptoms, you should seek medical care immediately



# How to protect yourself and others?

- Physical distancing
  - In public places, keep 2 meters between other people who doesn't live with you
  - 2 meter is not possible? Wear mask
- Avoid crowded , closed spaces
  - Limit the time you stay in those places
  - Wear mask



# Types of Masks

## Nonmedical mask (fabric mask)

- Preferably 3 layers
- If you DO NOT HAVE symptoms
- In closed public space
- Put in sealed plastic bag to reuse
- Wash with soap + water if dirty and at the end of the day



## Medical mask (Procedure masks)

- If you HAVE symptoms
- If you are in the high-risk group
- Throw in closed garbage bin after one usage

# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



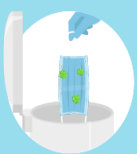
Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

## Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

# Proper Ways To Wear A Mask

- Wear one when distancing is not possible
  - Public transport, workplace, grocery store
- Wash hands before putting a mask
- Wash hands before AND after removing a mask
- Make sure the mask covers the nose, the mouth, and the chin
- NEVER touch the mask → wash hands if accidentally touched it

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance

# Children & Masks



Under 5

Mask not required

6-10 years old

- If the child is sick
- With adult supervision

10 and older

Same as adult

Children with underlying disease (cystic fibrosis, cancer, etc.) should wear medical masks to protect themselves.

# How to protect yourself and others?



Wash your hands

- With soap and water (best)
  - At least 20 seconds
- With alcohol-based hand rub (good alternative)
  - At least 60% of alcohol
  - Cover all parts of the hand and rub until dry

Make sure to rub the fingers, nails, between the finger, the inside and outside of the hand.  
**COVER THE WHOLE HAND**

# How to protect yourself and others?

In the house...

- Cleaning
  - High-touch surfaces. Ex. doorknobs
  - Regular household cleaners
  - Diluted bleach: 1 cup water + 1 tsp bleach: "[COVID-19- Cleaning products and bleach](#)"
- Maximize ventilation
  - Open windows in the house
  - Make sure house ventilation, heating, air conditioning systems are in good condition.



# Testing for COVID-19

- When?
  - If you have COVID-19 / Flu / Gastroenteritis symptoms
  - If you were in contact with someone tested positive
  - Not sure if you need to test? “[Symptom Self-Assessment Tool](#)”
- Where?
  - Find the place that best suits you
  - Click [HERE](#) to find places near you that offers testing
  - Walk-in or By appointment
- Testing is free for everyone
- Negative results are usually given by text message; Positive results by phone and they will give you further instructions





# COVID Alert Application

- Smartphone with Bluetooth option
- Detect COVID-19 exposure
- Notification alert: exposure within 2 meters for 15 or more minutes
- Report positive results in the app
- NO PERSONAL INFORMATION is being recorded by the application





# More Useful Information to Keep You Safe

- If you have some symptoms and are not sure what to do...

Call 811 (info-santé) OR 514-644-454 OR

1-877-644-4545 OR

Use the “Decision Fact Sheet” → click [HERE](#)

- Know how to protect yourself when grocery shopping → click [HERE](#)
- Always stay informed with reliable sources
  - The World Health Organization  
→ click [HERE](#)
  - The Government of Quebec website  
→ click [HERE](#)
  - The Government of Canada website



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True or False Questions Polling

# TRUE / FALSE QUESTIONS

Only older people and people who have a disease already will get dangerously sick if infected with the coronavirus.

Answer

FALSE

Explanation

Everyone has the possibility to get seriously ill, no matter the age or initial health conditions

# TRUE / FALSE QUESTIONS

If I am having difficulty to breathe, and a high fever, I should just stay at home because it should heal by itself.

Answer

FALSE

Explanation

These are serious symptoms and you should get medical attention immediately

# TRUE / FALSE QUESTIONS

I want to remove my dirty mask. I don't need to wash my hands before because I'll just make them dirty again.

Answer

FALSE

Explanation

Your hands can come in contact with your uncovered face while removing the mask, so it's better to wash them and have them clean right before. And wash again right after putting the mask away as well

# TRUE / FALSE QUESTIONS

I am afraid that the virus comes into the house through the windows, so I am keeping them closed.

Answer

FALSE

Explanation

You want to maximize the flow of air and ventilation to decrease the concentration of aerosol suspending in the air in your house.



# TRUE / FALSE QUESTIONS

I will not be charged for COVID-19 testing or any related medical care.

Answer

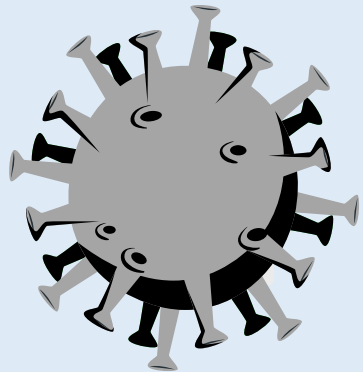
TRUE

Explanation

All tests, treatments, and care related to COVID-19 are free for everyone, regardless of the immigration status or health insurance coverage.

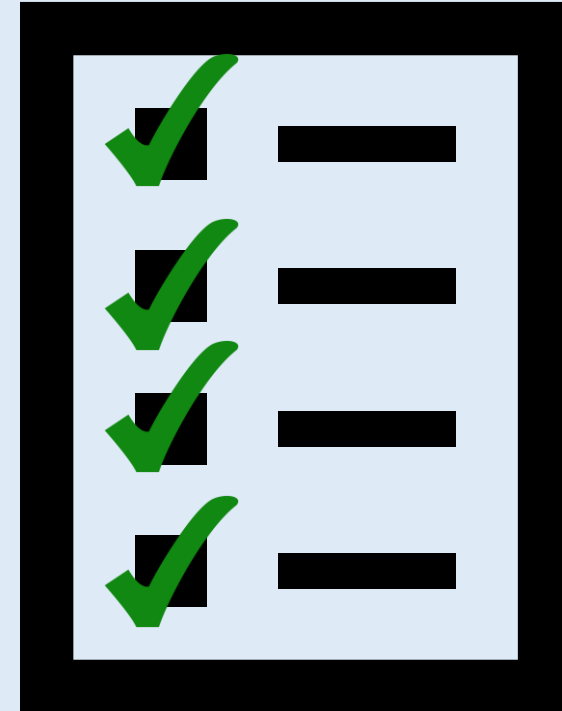


# Immunization



# Plan for Today

- Understand Immunization & Vaccines
  - Why get vaccinated?
  - How do they work?
  - Effectiveness & Safety
- Quebec Immunization Program
  - Eligibility & Cost
  - Procedure
  - Recommended Schedule (by age group)
- Flu Vaccination Program
  - Eligibility & Cost
  - Procedure



# Understanding Immunization & Vaccines

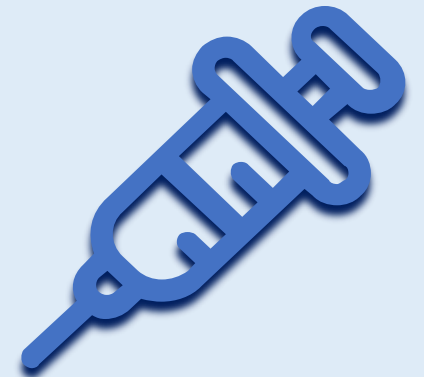
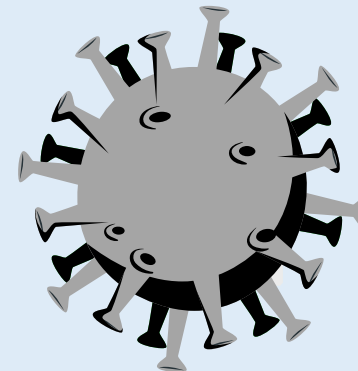
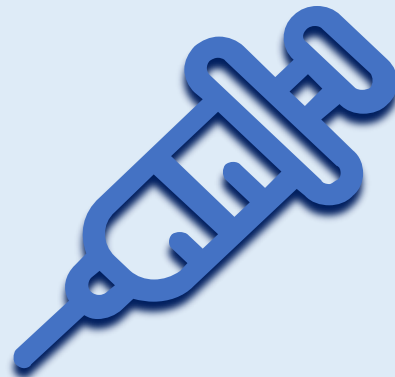
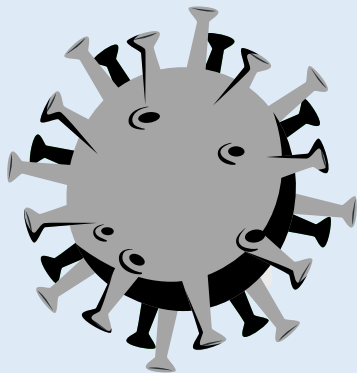


## • Description

- **Immunization** = giving **vaccine** to person to protect them against disease
- Best way to protect yourself and others
- Avoid transmitting contagious diseases
- In Quebec: not mandatory, but highly recommended

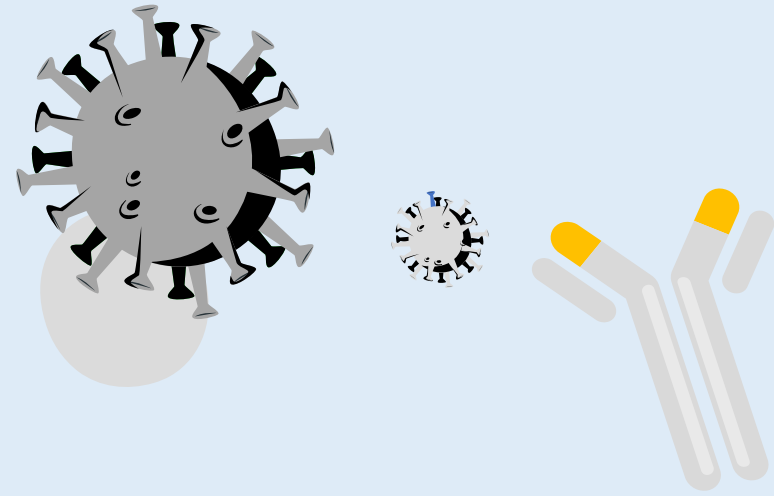
## Why should I get vaccinated?

1. To protect yourself & avoid risks/complications
2. To protect the people around you
3. To prevent occurrence of vaccine-preventable infectious diseases



# How Vaccines Work

- **Microbes** in water, air, food, on objects
  - Microbes = bacteria, viruses, etc.
- Your body has an **immune system**
  - Role: detect intruders entering body & eliminate them
- **Vaccines:** made up of small amounts of these microbes
- **BUT ARE DEACTIVATED**
- **BUT** still causes immune system to learn to **defend** itself



# Effectiveness & Safety

- **No vaccine is 100% effective**
- Depends on...
  - Your age
  - Health condition
  - Strain of virus and those contained in vaccine
- STILL immunization = greatest medical success
- Saves 2 MILLION LIVES/year globally
- In Canada → # of sick people decreased since intro of vaccines

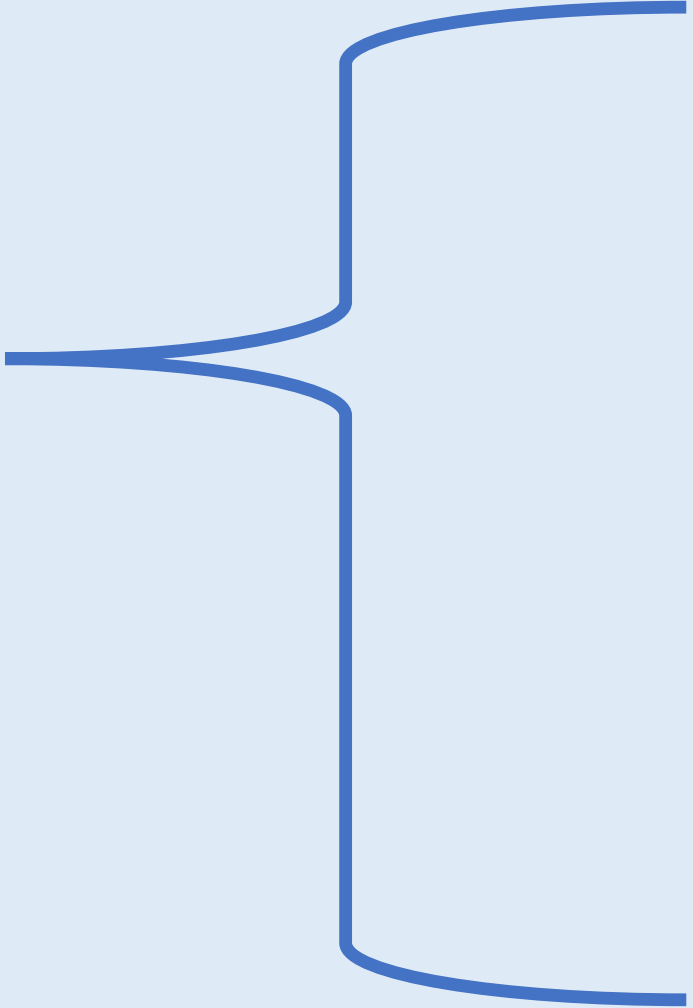


- **Vaccines are VERY SAFE**
- **Minor side effects:**
  - Light fever
  - Sensitivity at site of injection
- **Severe side effects:**
  - Allergenic reactions
- !! Healthcare providers administering vaccine are trained to treat this
- Stay on site 15 min after receiving vaccine



# Québec Immunization Program

- **Goal:** improve population's health by offering certain vaccines for free
- Vaccines offered in program protect against **16** illnesses
- Anyone can receive these for free
  - Flu shot varies, will discuss later...
- ++ vaccines depending on
  - Lifestyle
  - Health conditions
  - Work activity
  - Travel



- Diphtheria
- Flu (influenza)
- Hepatitis A and B
- HPV Infections
- Measles
- Meningococcal infections
- Mumps
- Pneumococcal infections
- Poliomyelitis
- Rotavirus gastroenteritis
- Rubella
- Hib infections
- Tetanus
- Varicella (Chickenpox)
- Whooping Cough

# How & Where to Get Vaccinated through Quebec Immunization Program?

- Contact CLSC, doctor, pharmacist
- Call Info-Santé 811
- CANImmunize App
- Bring Immunization record → given at birth/first appointment
- Make sure vaccination is always up to date
- Travel? Contact CLSC or visit Health Canada Travel website




**CANImmunize**



**Health  
Canada**



# Recommended Immunization Schedule (by age)

- Principles for establishing immunization schedule:
  1. Admin at age when risk is highest
  2. Effective at age when admin
  3. # doses admin result in short-term protection
  4. Admin at age when least symptoms
  5. Timing for booster evaluated to ensure long-term protection
- Schedule indicates: # doses, age, interval between doses
- Visit Québec  Immunization Program website



### Immunization schedule for infants born before June 1, 2019

Vaccine to prevent:	At 2 months	At 4 months	At 6 months	At 12 months	At 18 months
<a href="#">Diphtheria-tetanus-whooping cough-hepatitis B-polio-Hib</a>	X	X			X
<a href="#">Diphtheria-tetanus-whooping cough-polio-Hib</a>			X		
<a href="#">Pneumococcus</a>	X	X		X	
<a href="#">Rotavirus</a>	X	X			
<a href="#">Meningococcal C</a>				X	
<a href="#">Measles-mumps-rubella</a>				X	X
<a href="#">Varicella</a>				X*	X

\*Children who were given a dose of the measles-mumps-rubella vaccine at 12 months will be given this dose of the varicella vaccine between 4 and 6 years of age.

### Immunization schedule for infants born on or after June 1, 2019

Vaccine to prevent:	At 2 months	At 4 months	At 12 months	At 18 months
<a href="#">Diphtheria-tetanus-whooping cough-hepatitis B-polio-Hib</a>	X	X	-	-
<a href="#">Diphtheria-tetanus-whooping cough-polio-Hib</a>	-	-	X	-
<a href="#">Pneumococcus</a>	X	X	X	-
<a href="#">Rotavirus</a>	X	X	-	-
<a href="#">Meningococcal C</a>	-	-	-	X
<a href="#">Measles-mumps-rubella-varicella</a>	-	-	X	X
<a href="#">Hepatitis A-hepatitis B</a>	-	-	-	X

### Immunization schedule for school-age children

Vaccine to prevent:	Between 4 and 6 years of age	4 <sup>th</sup> year of primary school	3 <sup>rd</sup> year of high school
<a href="#">Varicella</a>	X	-	-
<a href="#">Diphtheria-tetanus-whooping cough-polio</a>	X	-	-
<a href="#">Hepatitis A-hepatitis B</a>	-	X	X (without hepatitis A)*
<a href="#">Human papillomavirus</a>	-	X	X*
<a href="#">Diphtheria-tetanus</a>	-	-	X
<a href="#">Meningococcal C</a>	-	-	X

\*Since September 2020, the first dose has been administered in Grade 4 of primary school and the second dose in Secondary 3.

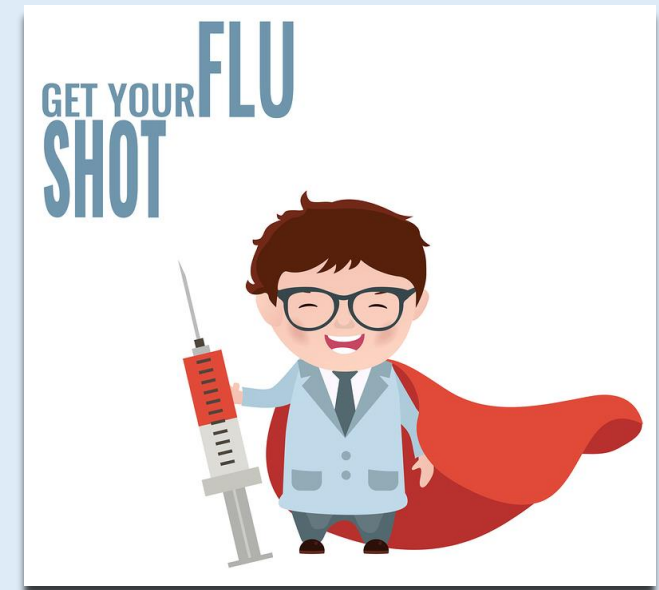
### Immunization schedule for adults

Vaccine to prevent:	Recommended age
<a href="#">Pneumococcus</a>	65 years and older
<a href="#">Flu</a> (fall/winter)	Every year from age 75
<a href="#">Whooping cough</a>	Pregnant women of all ages, one dose during each pregnancy (ideally between the 26 <sup>th</sup> and the 32 <sup>nd</sup> week)*
<a href="#">Diphtheria-tetanus</a>	One dose at 50 years of age

\* The whooping cough vaccine can be given at other times during pregnancy if it is not possible between the 26<sup>th</sup> and the 32<sup>nd</sup> week. Consult a doctor or a nurse for more details.

# Québec Flu Vaccination Program

- Free of charge to people who are most at risk of developing complications from flu
- Flu vaccination held annually
  - Started Nov 1<sup>st</sup> 2020
  - Held this time every year
- Mark on your calendar!!
  
- How & Where to get flu shot:
  - Contact pharmacist
  - Visit your CISSS (integrated health and social services centre) website
  - Visit your CIUSSS (integrated university health and social services centre) website
  - Don't know which centre you belong to? Visit Quebec's Website & enter your postal code!



- CIUSSS du Centre-Ouest-de-l'Île-de-Montréal
- CIUSSS du Centre-Sud-de-l'Île-de-Montréal
- CIUSSS de l'Est-de-l'Île-de-Montréal
- CIUSSS du Nord-de-l'Île-de-Montréal
- CIUSSS de l'Ouest-de-l'Île-de-Montréal



# Flu Vaccine Eligibility & Cost

- **Free** for people at risk:
  - Children (6 months to 17 yrs old) w/ chronic illness
  - Adults w/ chronic illness
  - Pregnant women
  - 75 or older
- Other people who get for **free**:
  - Family members of at risk individuals
  - Healthcare workers
  - Healthy children (6 to 23 months)
  - Healthy adults (60 to 74 yrs old)
- Can still get vaccine if not eligible but **\$**
- Fee will vary → contact vaccination clinic (CLSC, medical clinic, pharmacy)
- Usually **\$10-15**

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# Resources for You 😊

- <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/understanding-vaccines/> - Understanding Vaccines (description, why you should get vaccinated, how vaccines work, effectiveness & safety)
- <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/quebec-immunisation-program/> - Quebec Immunization Program
- <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/quebec-immunisation-program/accessible-versions-immunization-schedules-by-age-group/#c26389> - Accessible versions of the immunization schedules by age group
- <https://www.canada.ca/en/health-canada/services/healthy-living/travel-health.html> - Health Canada Travel Health page
- <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program/> - Quebec Flu Vaccination Program
- <https://www.canimmunize.ca/en/home> - CANImmunize Tracker App
- <https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/> - Info-Santé 811
- <https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/ciuss/> - Find your CISSS/CIUSSS

A large, 3D, light blue question mark icon is positioned on the right side of the image. It has a thick, rounded design with a slight shadow at the bottom, giving it a three-dimensional appearance. The background is a solid, light teal color.

True or False Questions Polling

# TRUE / FALSE QUESTIONS

Vaccines are unsafe and do not provide benefits for your health.

Answer

FALSE

Explanation

Vaccines are safe and provide benefits. They protect you from contagious illnesses, they help to protect others, and prevent the occurrence of transmittable diseases that are vaccine-preventable

# TRUE / FALSE QUESTIONS

Anyone can receive vaccines listed in the recommended immunization schedule for free, except the flu shot (which varies).

Answer

TRUE

Explanation

Flu shots are only given for free to people who are at risk of developing serious complications from the flu. Other people who can get the flu shot for free are caregivers or those in close contact with an 'at risk person', healthcare workers, and healthy children from 6 to 23 months old, and healthy adults from 60 to 74 years old. Otherwise, you can still get the vaccine, just with a cost (\$10-15)

# TRUE / FALSE QUESTIONS

If you would like to get vaccinated, go straight to the hospital/clinic and ask.

Answer

FALSE

Explanation

You should call your local CLSC, doctor, pharmacist, or call Info-Santé 811 to find out where and how you can get vaccinated

# TRUE / FALSE QUESTIONS

The most common side effect of vaccines are allergic reactions

Answer

FALSE

Explanation

The most common side effects are light fever and sensitivity at the site of injection. In only rare cases allergic reactions can occur, but individuals who administer these vaccines are trained in treating these reactions

# TRUE / FALSE QUESTIONS

After you get a vaccine, you should stay on-site for 15 minutes

Answer

TRUE

Explanation

According to the recommendation of Canadian Public Health, 15 minutes is the time where side effects might manifest after vaccination. By staying on site, the healthcare provider will be able to treat this side effect before you leave.