



CO
CO
Vac

50
(50 mg/mL)

STERIL



COVID-19 VACCINE

HELPFUL TIPS



GOVERNMENT OF BERMUDA
Ministry of Health

Visit: www.gov.bm/vaccines
for more information

ABOUT THE COVID-19 VACCINE

The Ministry of Health only uses vaccines that have met international standards for safety and protection. In Bermuda, we are currently administering the Pfizer-BioNTech vaccine. Other vaccines may become available, but any COVID-19 vaccine used in Bermuda will have met international standards before it can be used.

The Pfizer-BioNTech vaccine has also been approved in the USA by the FDA, in the UK by the Medicines and Healthcare Products Regulatory Agency, in Canada by Health Canada, in Europe by the European Medicines Agency, in Singapore by the Health Sciences Authority and by the World Health Organisation.

WHO SHOULD HAVE THE COVID-19 VACCINES?

We are now in Phase 2 of the National Allocation Strategy (see back panel). The Ministry of Health continues to prioritise the elderly, clinically extremely vulnerable and vulnerable as these groups are most at risk from COVID-19. Then healthcare workers, essential workers, and residents over age 50. The vaccine is currently not approved for use for children under the age of 16. Please, if you are unsure about getting the vaccine speak with your doctor for advice and visit www.gov.bm/vaccines

BACK TO NORMAL

If enough people in Bermuda are vaccinated (herd immunity), the virus is less able to spread as the number of vulnerable people is low, creating dead end infections. This means that you are able to protect yourself, your family and your community, especially those at increased risk for severe illness from COVID-19. Those individuals in higher risk groups include the elderly and those who are extremely clinically vulnerable. If you have questions about your vulnerability, please talk with your doctor.

HOW MUCH DOES THE VACCINATION COST?

There is no cost to any resident that wishes to be vaccinated.

SIDE EFFECTS

You may experience some mild side effects, including a sore arm, tiredness, headache, muscle pain, joint pain, chills and fever. This is normal and is not an indication of COVID-19 as there is no COVID-19 virus in the vaccine. These minor side effects, which are not experienced by everyone, is your body's immune system responding. If, however, the side effects are more than a mild reaction, you should contact your doctor immediately.

Side effects are less common in patients 55 and older, and they occur more frequently after the second dose. If you have a history of severe allergic reactions, such as anaphylaxis, talk to your doctor before you get the vaccine.

YOU SHOULD HAVE THE COVID-19 VACCINE IF YOU ARE:

- ✓ an adult living or working in a care home for the elderly
- ✓ a frontline healthcare worker
- ✓ a frontline social care worker
- ✓ a care giver working in a private home looking after older adults
- ✓ aged 50 years and over
- ✓ a younger adult with one or more long-term health conditions
- ✓ an essential traveller

AM I AT INCREASED RISK FROM COVID-19 INFECTION?

The Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, COVID-19 can be very serious and in some cases fatal. Overall fewer than 1 in 100 people who are infected will die from COVID-19, but in those over 75 years of age this rises to 1 in 10.

I HAVE HAD MY FLU VACCINE, DO I NEED THE COVID-19 VACCINE AS WELL?

The flu vaccine does not protect you from COVID-19. As you are eligible for both vaccines you should have them both, but normally separated by four weeks.

HOW CAN I REGISTER MY INTEREST TO BE VACCINATED IF I DON'T HAVE A COMPUTER?

Please ask a family member or friend to sign you up by going to <https://forms.gov.bm/covidvaccine>. Or you can call 444-2498 and select Option 2.

HOW CAN I GET TO MY VACCINATION APPOINTMENT IF I DON'T HAVE TRANSPORTATION?

The Ministry of Health has partnered with Age Concern Bermuda to provide assistance to their members. Starting Monday, March 1, adults aged 50+ can call Age Concern's Vaccination Hotline at 238-7525 to schedule transportation to their vaccination appointment. To receive this service, you must first register for your vaccination appointment. Once your appointment has been set, you will have access to Age Concern's transportation service, provided by Project Action. This will include travel to and drop off after your vaccination appointment.



LET'S DO IT!

HOW DO I REGISTER MY INTEREST TO BE VACCINATED?



WHERE CAN I GET ADDITIONAL INFORMATION?

For more information on
COVID-19, visit
www.coronavirus.gov.bm.

For information on vaccines and
how the COVID-19 vaccination
will be administered, as well as
frequently asked questions on
the vaccine, visit
www.gov.bm/vaccines.

UPDATED: 26 MARCH, 2021

We are now taking appointments for Phase 3 in the Vaccine Allocation Strategy, and we encourage everyone to complete the registration form at:

<https://forms.gov.bm/covidvaccine>

Of course, if you are in Phase 1A, 1B, and Phase 2 groups and have not registered yet, PLEASE DO! Although you will register with Phase 3, our prioritisation process will ensure that you are booked for an appointment before Phase 3 registrants.

BERMUDA'S COVID-19 VACCINE ALLOCATION STRATEGY

For more information visit www.gov.bm/vaccines

PHASE 1



A

People 80 Years
or Older

Rest Home/Long-Term
Care Residents

Frontline Health Care
Workers

Frontline Essential
Workers
e.g. police, firemen,
teachers, corrections
officers, ports of entry workers

ACTIVE GROUP

B

People 65 Years
or Older

Extremely
Vulnerable People
e.g. those undergoing
chemotherapy, those
with lupus, severe
asthma, severe COPD

ACTIVE GROUP

PHASE 2



People 50 Years
or Older

Vulnerable People
e.g. those with heart
disease, chronic kidney
or liver disease, diabetes

Essential Travellers

General Population:
Identified Groups
may include residents
living with disabilities,
unsheltered persons

ACTIVE GROUP

PHASE 3



EVERYONE

ACTIVE GROUP