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Clinic Services During the Pandemic:

We are open and continue to offer in person appointments, as well as phone and video visits. An in-person appointment may be appropriate for these situations:

- Chest or abdominal pain
- New shortness of breath
- Wounds, rashes, infections, new skin lesions/moles
- Well baby visits
- Well child visits needing vaccines
- Prenatal appointments if directed

All other concerns can likely be managed safely by a virtual visit.

If you aren't sure, we encourage you to book a telephone appointment first, and then we can discuss whether you should come in person for a visit.

E-mail Communication:

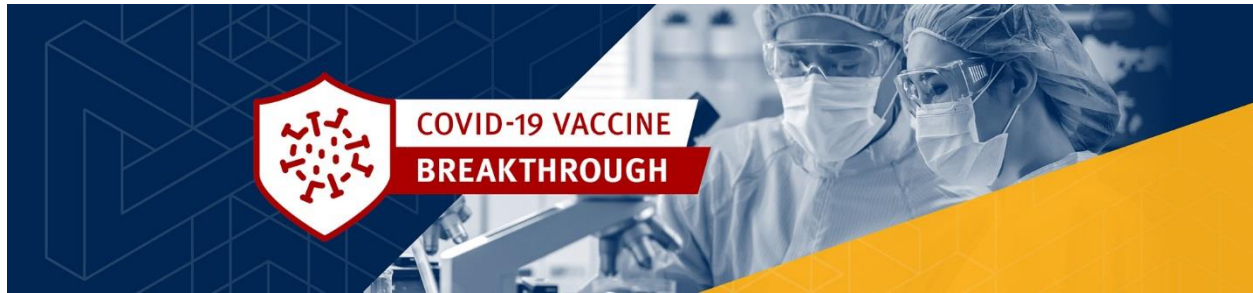
If you haven't done so already, consider sharing your e-mail address with us so we can keep you updated with:

- Clinic information
- Appointment reminders
- Test results & follow-up appointments
- Records you request

Click [here](#) to review the e-mail policy and submit consent.



COVID-19 Vaccine



We have come to a turning point in our fight against COVID-19 with the development of effective COVID-19 vaccines! After independent and thorough scientific reviews for safety, quality and effectiveness, Health Canada has approved two vaccines for use in Canada. The Toronto Western Family Health Team strongly supports these vaccines, both as healthcare providers and as individuals who want to do what we can to keep ourselves, our families and patients safe.

Vaccine Hesitancy

We understand there are hesitations about the vaccine for some, and this is a concern for us as health care providers. We have compiled a list of FAQ's and encourage you to speak with your provider if you have any further questions or concerns.

Vaccine Distribution

The government has developed a provincial ethical framework for COVID-19 vaccine distribution that we are following. At this point, we do not know when the vaccine will be available to the general public and it is unlikely it will be available in the clinic in the same way that other vaccinations have been. We are in close communication with key decision makers and will share any new information with you as we learn more.

COVID-19 Vaccine FAQ's ¹²³

1. How does the COVID-19 vaccine work?

All vaccines work by presenting your body with something that looks like an infection so your immune system can learn how to produce natural protection. The two COVID-19 vaccines (Pfizer-BioNTech and Moderna) use a method called messenger mRNA (mRNA). The mRNA is like a code that tells cells in your body how to make a piece of the outer lining of the virus, for a short time. This piece of virus, or protein, cannot hurt you, but it is enough for your immune system to learn how to fight off COVID-19.

¹ Centers for Disease Control and Prevention (2021, January 21)
COVID-19 Vaccine: Helps protect you from getting COVID-19.
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

² Ontario Ministry of Health (2021, January 7)
Information Sheet Pfizer-BioNTech and Moderna COVID-19 Vaccines
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/vaccine/COVID-19_information_sheet_pfizer-biontech.pdf

Tanula, M. (2020, December 9). *COVID-19 Vaccine Myths Debunked*. Mayo Clinic News Network. <https://newsnetwork.mayoclinic.org/discussion/covid-19-vaccine-myths-debunked/>

2. Is the vaccine safe?

Yes, the two vaccines are considered very safe and have been approved for use in Canada based on rigorous research and testing. Research into mRNA vaccine technology began in the early 1990s, so the science is not new. More than 70,000 people were involved in these vaccine trials, and, as of January, 15 million people have been vaccinated worldwide. Serious safety concerns may occur extremely rarely (eg anaphylactic reactions).

3. Is the vaccine effective?

Yes. The Pfizer-BioNTech and Moderna vaccines have a 94-95% effectiveness rate.

4. What are the side effects?

As with other vaccines, some people can develop mild-moderate side effects that typically resolve in a few days. Common side effects include pain at the injection site, headache, muscle pain, fever, swelling-these are more likely to occur after your second dose. In very rare cases, serious allergic reactions (anaphylaxis) can occur.

5. When will I get the vaccine?

The Canadian government's goal is to vaccinate every eligible person by the end of 2021. You can visit the [Government of Ontario's COVID-19 Vaccine page](#) for updates.

6. Should I get the vaccine if I am pregnant or breastfeeding?

Pregnant and breastfeeding women were not included in COVID-19 vaccination trials. However, the Society of Obstetricians and Gynecologists of Canada have stated that the risk of COVID-19 health complications during pregnancy outweighs any possible un-described risks of being vaccinated during pregnancy or while breastfeeding, and that vaccination should be offered.⁴ Pregnant women should discuss risks and benefits with their family physician or primary healthcare provider before making a decision.

7. Should I get the vaccine if I have a history of allergies or am immunosuppressed?

People who have ever had a severe allergic reaction to a previous dose of a vaccine should NOT receive it.

If you are immunosuppressed due to a condition or treatment, discuss the benefits and risks of vaccination with your physician. Although people with a decrease in their immune system were not included in the available vaccine trials, it is considered to be safe and recommended. Only vaccines with any live virus are NOT safe for immunosuppressed people. The COVID vaccine does not contain any live virus and there is no risk of getting an infection with the vaccine.

Common myths and misconceptions:

Myth: The vaccine is not safe because it was rapidly developed and tested

Fact: Many pharmaceutical companies invested significant resources in developing a vaccine for COVID. The emergency situation required an emergency response, however, that does not mean the companies bypassed any safety protocols or didn't perform adequate testing. To receive emergency use authorization, the biopharmaceutical manufacturer must have followed at least half of the study participants for at least two months after completing the vaccination series, and the vaccine must be proven safe and effective in that population.

Myth: I already had COVID-19 and recovered, so I don't need a vaccination

Fact: It is widely recommended to get the vaccine even if you have contracted and recovered from COVID-19. This is still being studied, but early evidence suggests immunity from COVID-19 may not last very long.

Myth: The vaccine can cause COVID-19

Fact: You cannot get COVID-19 from the vaccine. The COVID-19 vaccines we have now and the ones in development contain only bits of virus mRNA or protein to trick the body into mounting a defense that prevents real infection.

Myth: The COVID-19 vaccine will alter my DNA

Fact: Injecting mRNA into your body will not interact or do anything to the DNA of your cells. mRNA vaccines work by instructing cells in the body how to make a protein that triggers an immune response.

Myth: Vaccines cause infertility or miscarriage

Fact: No, COVID-19 vaccines have not been linked to infertility or miscarriage.

While there are no formal studies, the best studies come from women who got sick with COVID-19 while pregnant. There is no evidence of the COVID-19 infection causing increased miscarriage rates. During natural infection, the immune system generates the same antibodies to the spike protein that COVID-19 vaccines would.

Myth: Once I have the vaccine, I no longer need to follow public health precautions

Fact: Until enough people are vaccinated and the pandemic is under control, it is essential that everyone continue to mask, physically distance and wash their hands. Two vaccines a few weeks apart are required and it takes time to make antibodies. Also, we don't know if it's possible for vaccinated individuals to asymptotically transmit virus to others.

Myth: mRNA vaccines have dangerous ingredients

Fact: The Pfizer and mRNA vaccines have gone through rigorous studies to ensure they are as safe as possible. They do NOT contain preservatives, formaldehyde, mercury, egg, fetal cells or microchips!

Visit our [webpage](#) additional vaccine resources

UHN Monthly Health Talk

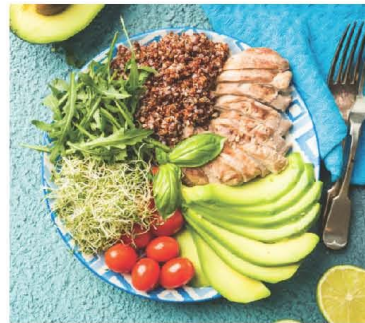
HEALTH TALK:

Healthy Eating at Home

A free online session for patients, families, staff and community members

Topics

- The importance of making healthy eating choices
- How COVID-19 has changed our eating habits
- Strategies to help you make healthy eating choices
- Foods that can support your immune system
- Resources at UHN and in the community that can help you learn more about healthy eating and access healthy foods



Presenters

- Nishta Saxena, Registered Dietitian, Toronto Western Family Health Team
- UHN Patient Partner

Date and time

Thursday, January 28, 1:00 p.m. – 2:00 p.m.

How to participate

Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Jan2021> or use your smartphone's camera to scan the code.

Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>.



To register Go to <http://bit.ly/UHNHealthTalk-Register> or call 416 603 6290

For more information Email pfep@uhn.ca or call 416 603 6290

www.uhnpatienteducation.ca

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Patient Education

UHN Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

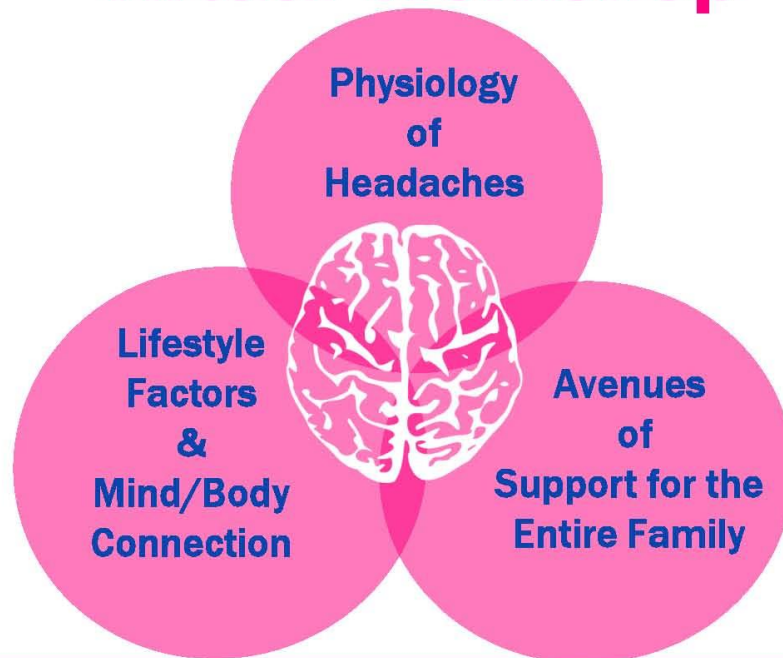
Managing Headache Pain

SickKids | Centre for Brain
& Mental Health

THE DIVISION OF NEUROLOGY AND
THE DEPARTMENT OF SOCIAL WORK
PRESENT

MANAGING HEADACHE PAIN

**** Virtual Workshop ****



Wednesday February 17, 2021 5pm -7pm

For more information or to register please contact:

wendy.bennett@sickkids.ca

or 416-813-7654 X205668

Getting The Most From Your Healthcare Appointment



Do you want to learn how to better partner with your care providers?

Due to the pandemic, we have converted this workshop into a webinar.

For access to the webinar link, please ask your care provider or register on our website:

<https://www.twfht.ca/displayPage.php?event=20>

By watching our webinar, you will:

- Learn how to prepare for your appointments and follow through with the care plan
- Build skills to actively participate in the conversations and decisions about your health
- Know the programs and services the Toronto Western Family Health Team offers
- Learn clinic policies and appointment tips

Contact us

 Phone: 416 603 5888

 Website: twfht.ca

Location

 Bathurst Street Site: 440 Bathurst Street, 3rd Floor