



Questions & Answers about COVID-19 and vaccination

Vaccination against COVID-19 prevents serious illnesses, hospitalizations and death. It also helps to reduce disease incidence and circulation of the virus in the population and in the various health care facilities and housing settings. If you are a health care worker, here are some answers to your questions on this topic.

Do I need to be vaccinated against COVID-19 during fall 2023?

Yes, you must receive a dose of the COVID-19 vaccine during fall 2023, if you contracted COVID-19 more than 6 months ago, if you received your last dose more than 6 months, or if you have special health conditions.

The Comité sur l'immunisation du Québec (CIQ) recommends that people who have already been vaccinated receive a new dose of vaccine this fall. As a health care worker, you can receive the new vaccine formulation which is better suited to the variants currently in circulation. Scientific studies have shown that the quality of antibodies decreases after six months, regardless of whether they were produced as a result of infection or vaccine¹.

Who are the other people targeted by the COVID-19 vaccination campaign?

The CIQ recommends a dose of the vaccine to people at high risk in the age group for which the vaccine will be authorized:

- People living in CHSLDs and RPPs or in other collective settings with a high proportion of seniors and vulnerable people;
- People of 60 and over;
- People who are immunocompromised, on dialysis or living with a chronic disease; [...]
- Pregnant women;
- Adults living in remote and isolated areas²...



If I have been vaccinated against the flu, do I need a new dose for COVID-19?

Yes. The flu vaccine does not protect against COVID-19.

Can I receive the COVID-19 vaccine at the same time as the flu vaccine?

Yes, you can receive the flu shot and the COVID-19 vaccine during the same vaccination session. There is no time limit between these vaccines. Influenza and COVID-19 vaccines given at the same time both protect against the diseases as well as if given a few days or weeks apart³



Can COVID-19 vaccines give the disease?

No, COVID-19 vaccines cannot give the disease, as they do not contain the SARS-CoV-2 virus.

When a person receives the COVID-19 vaccine, their body prepares their defense against the virus. A natural immune response occurs, which helps neutralize the virus by producing antibodies and other defense cells⁴.

Does having COVID-19 have the same benefits as getting vaccinated?

No, being up-to-date with your vaccination remains one of the safest ways to protect yourself, your family, colleagues and people at risk from COVID-19. Contracting COVID-19 can lead to serious complications related to the disease and post-COVID syndrome (e.g. loss of smell, respiratory or cardiac problems, neurological symptoms, cognitive impairment).

A study by the INSPQ⁵ shows that the post-COVID-19 syndrome affected 40% of health care workers.

Are there risks to getting vaccinated against COVID-19 multiple times?

No, there is no identified risk of receiving multiple doses of a COVID-19 vaccine. Since the start of COVID-19 vaccination worldwide, millions of people have received multiple doses of vaccine without any safety issues.

Where can I get vaccinated?

Health care workers and social services can receive the COVID-19 vaccine free of charge. Quite often, he can receive it at the workplace. Ask your Occupational Health, Safety and Wellness Department for details. You could also go directly to **Clic Santé** to make an appointment. It is therefore important to record this information in your vaccination record and to communicate it to your employer if you want your vaccination record to be updated.

Références

1 et 3. MSSS. (2023). Questions et réponses sur la campagne de vaccination contre la COVID-19 à l'intention des vacinateurs, Gouvernement du Québec. <https://publications.msss.gouv.qc.ca/msss/fichiers/2021/21-279-34W.pdf>

2. INSPQ. (2023). COVID-19 vaccine booster dose: Fall 2023 recommendations. <https://www.inspq.qc.ca/en/publications>

4. MSSS. (2023). COVID-19 vaccination. <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/covid-19-vaccine>

5. INSPQ. (2022). Le syndrome post-COVID-19 a touché 40% des travailleurs de la santé. <https://www.inspq.qc.ca/nouvelles/syndrome-post-covid-19-touche-40-travailleurs-sante>