

Keeping you informed

Benefit plan news for People Corporation plan sponsors

The next step: getting vaccinated

As more of us become eligible for the vaccine, we've started thinking about the next step, and what getting the vaccine means to us.

Canada's progress

The fight against COVID-19 continues as the rate of vaccinations is picking up nation-wide. Governments across the country are working to accelerate the rollout process. To keep Canadians informed, the national [vaccination tracker](#) features key updates and stats on vaccination administration and coverage. As of April 3rd, 15.22 per cent of Canada's population had received at least one dose of the vaccine. This includes 86 per cent of health care workers and 96 per cent of those living in group settings for seniors.

Vaccine side effects

A lot of the uncertainty around receiving the vaccine stems from concern about potential side effects. What causes vaccine side effects and what do they mean?

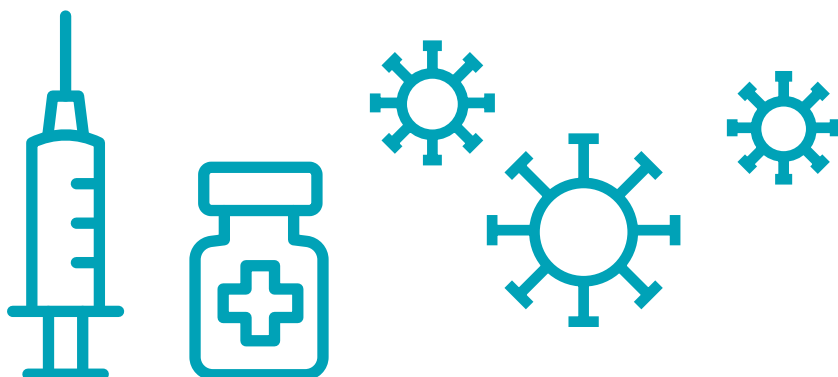
Common side effects of all COVID-19 vaccines include:

- Pain, redness, or swelling at the injection site
- Tiredness, headache, muscle ache, and stiffness
- Chills and/or fever
- Nausea and/or vomiting
- Enlarged lymph nodes

These symptoms can be anticipated because of how vaccines work in our bodies. When we get sick, our immune system takes steps to fight off the infection invading our cells. For instance, a fever, which is a by-product of a body's immune response, happens in order to activate certain immune cells, slow or stall virus replication, and kill infected cells. Once your body has fought off an illness, it begins to develop immunity and it knows how to fight it the next time (i.e., it remembers and will recognize and react to the invader much sooner). The COVID-19 vaccines work by activating your body's immune system the same way, preparing to fight COVID-19, even though the virus isn't present. Experts emphasize that while the side effects may be uncomfortable, we should look at them as a good thing - they mean the vaccine is working.

Visit the [Government of Canada site](#) to get the latest information on:

- How to register for the vaccine
- Authorized vaccines
- Data on the vaccines, and more



Vaccinations now available at select pharmacies

Exciting news! Many pharmacies, including some of those within our network, are now eligible to provide COVID-19 vaccinations* and are offering online appointment bookings. Learn more directly through our pharmacy partners here:

[Rexall](#)

[Sobeys](#)

[Costco](#)

[Shoppers Drug Mart](#)

* Dependent on provincial guidelines and pharmacy eligibility.

No change to group coverage

Receiving a vaccine will not hinder anyone's ability to obtain health, disability, or life coverage. In the event of a plan member becoming ill after getting the vaccine, coverage provided by your group benefits plan including short- and long-term disability, and life coverages are in place.

Canada's response to COVID-19 variants

With an uptick in the number of cases of COVID-19 virus variants in Canada, steps are being taken to detect and accelerate the response to variants of concern. According to a [statement](#) from Canada's Public Health Agency, the [variants](#) can be associated with more severe illness, higher risk of transmission, and an increased risk of death. To accelerate efforts, a total investment of \$53 million, has been designated to Canada's [Variants of Concern Strategy](#) which will guide efforts to rapidly scale up surveillance, sequencing, and research efforts across the country.

Read the [press release](#) on the Government of Canada's Public Health Agency site for more information.

For more information, visit our [COVID-19 Information Centre](#) available through our corporate site, or contact your People Corporation benefits consultant.

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