

IMPORTANT NOTICE

RE: MODERNA FOR MANITOBANS AGED 30+

Due to a limited supply of the Pfizer vaccine, all adults aged 30 years or older should receive the Moderna vaccine for their first, second or third dose, regardless of which vaccine product they have received previously.

Why is Manitoba making this change now?

People 12 to 29 years of age are at an increased risk for the rare side effect of myocarditis/pericarditis (inflammation of the heart muscle/lining around the heart) following vaccination with an mRNA vaccine. The increased risk appears to be lower with Pfizer vaccine than it is with Moderna vaccine in the 12 to 29 year old age group. This change is being made now to keep enough Pfizer vaccine available for adolescents and young adults while still offering a safe and effective mRNA vaccine to people older than 30 years of age who are not at the same increased risk of myocarditis/pericarditis.

Adults aged 30 years and older did not experience the same increased risk of myocarditis/pericarditis regardless of which vaccine (Moderna or Pfizer) they received.

Is getting different COVID-19 vaccines safe and effective?

Yes. Both Moderna and Pfizer are safe and effective, and either can be used for adults aged 30 years and older for dose 2 or dose 3, regardless of which COVID-19 vaccines were previously received. Where possible, Manitoba public health officials recommend that people get the same mRNA vaccine product for all doses, unless the product is not readily available, in which case either mRNA vaccine product can be safely and effectively used, and vaccination should not be delayed. This advice

is consistent with that of vaccine experts and practices across Canada. Given the current Pfizer supply, Pfizer doses will NOT be readily available for those over 30 years of age.

If you have questions about receiving a different mRNA vaccine than your last dose of COVID-19 vaccine, speak with your immunizer or health care provider.

Do I need the same vaccine for travel purposes?

If you are planning to travel outside of Canada, check the vaccine requirements of your destination, keeping in mind that travel requirements are subject to frequent change as the COVID-19 situation continues to rapidly evolve around the world. Vaccination should not be delayed on the basis of potential travel plans in the future, as travel requirements may continue to change and evolve.

Many countries have adopted the practice of mixing COVID-19 vaccines. For example: as of January 4, 2021, to travel to the United States, people are considered fully vaccinated if two weeks (14 days) have passed since they received two doses of any combination of accepted COVID-19 vaccines administered at least 17 days apart. This guidance is subject to frequent change; it is strongly recommended that people continue to review the destination country's travel requirements immediately before departure when travelling outside of Canada.

For more information about Canadian travel requirements, visit the Government of Canada's website at: <https://travel.gc.ca/travel-covid>.

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