



Let's Roll Up Our Sleeves!

COVID19 vaccinations will be available soon in Hastings & Prince Edward County and we are encouraging everyone to roll up their sleeves to receive the vaccination.

Protection from COVID19 is not just to keep ourselves healthy, but to protect our families, friends and everyone we work with. Vaccination will allow everyone to eventually return to normal life, without the fear of infection spreading in the community. The quickest way back to gatherings, events and all the amenities of our community is to get vaccinated.

It's important that we all stay safe!

we encourage everyone to discuss the vaccine with their health care practitioner, and by visiting the sites below for accurate and up-to-date information:

Ontario Government Information [Page](#)

Nervous about getting needles? This [video](#) may help you prepare:

Or visit this [Q & A](#) from the Ontario College of Physicians

Want more information about the vaccines available in Canada? Visit these pages

- [Pfizer Vaccine](#)
- [Moderna](#)

Click [here](#) for information on COVID-19 vaccine safety or [here](#) for a video on how COVID-19 vaccines have been developed and approved.

TOP 10 SIDE EFFECTS OF COVID-19 VACCINE:

1. **Gratitude** that I am one of the first to get the vaccine
2. **Pride** in being at the forefront of an historic medical milestone
3. **Confidence** that I have a shield to help fight Covid-19
4. **Empowerment** from being proactive about my health
5. **Comfort** from being able to help protect my community
6. **Relief** that I am helping to protect vulnerable people
7. **Hope** that real life hugs will happen once again
8. **Resilience** to overcome daily challenges that come my way
9. **Resolve** that our global effort will build herd immunity
10. **Optimism** THAT TOGETHER, WE WILL BEAT COVID-19

Keep Up Healthy Practices!

Until we are all vaccinated, it is important we all continue to practice good hand hygiene, wear masks, social distance and limit social interaction. Still have questions? Refer to our Frequently Asked Questions.

Let's keep our community safe! And let's get back to a meaningful life.

Brought to you by developmental service agencies in Hastings and Prince Edward Counties who provide support for people with an intellectual disability and their families.





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We encourage everyone to discuss the vaccine with their health care practitioner. Visit the government of Ontario site for more information:

<https://covid-19.ontario.ca/covid-19-vaccine-safety>

Or visit your local developmental services organization for more information on available vaccines and how to prepare for 'the jab.'

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HPEC Focus Group Covid19 Vaccination Plan – PSA Copy

We are rolling up our sleeves in the Hastings and Prince Edward Developmental Service Sector to get back to life!

COVID19 vaccinations will be available soon and we will be rolling up our sleeves not just for ourselves but for our families, friends and everyone we work with.

Let us keep our community safe and get back to a meaningful life.

Roll up your sleeve and get the COVID19 vaccination.

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