

# Top 10 COVID-19 Vaccination Tips for People with Heart Conditions

## *What People in Canada Should Know*

- 1** Talk to your family members and friends who have been vaccinated, or local pharmacist about any concerns. Talking about your concerns will help to make you feel less anxious about the vaccination.
- 2** If you are still worried about getting vaccinated, ask your healthcare provider about tools or medications that can reduce anxiety before getting vaccinated.
- 3** Try to relax before you go for your vaccination. Anxiety about vaccination, not the vaccine itself, can cause side effects such as headaches, muscle pain, and chills.
- 4** Be prepared at your vaccination appointment to tell the vaccination administrator about your heart conditions and medications.
- 5** If you are on medications like Coumadin or warfarin, make sure your blood thinner level (INR) is stable and in the normal level for your specific heart condition. This will reduce your bleeding risk.
- 6** If you are on blood thinners, expect a bigger bruise or bleeding around the injection site. This is normal. You may have to press on your injection site a bit longer than other people, but the bleeding should stop before you leave the vaccination clinic.
- 7** According to the Centre of Disease Control and Prevention, side effects are more common with the second vaccination dose. Arrange with your employer and family to take time off from work or family duties so you can get enough rest before and after each dose.
- 8** Plan the timing of your vaccination appointment. For example, plan on having it on a Friday if taking time off after the vaccination is not possible. If you have a complex heart condition and can only reach your healthcare provider or cardiologist during the weekday, schedule your vaccination appointment on a weekday in case you need medical advice due to side effects.
- 9** Follow the public health protocol and wait for a minimum of 15 minutes after you receive the vaccination. This will allow you to get assistance if you experience any immediate side effects.
- 10** There is a lot of misinformation about COVID-19 and vaccines. If you come across information that concerns you before or after your COVID-19 vaccination, you can find trusted information on the [Canadian Medical Association](https://www.cma.ca) website or on other highly respected websites listed on our information sheet.

This information is brought to you by the HeartLife Foundation ([heartlife.ca](https://heartlife.ca)) in partnership with the Chinese Canadian Heart and Brain Association ([cchaba.ca](https://cchaba.ca)) and in collaboration with heart disease experts. This resource is endorsed by the Canadian Cardiovascular Society ([ccs.ca](https://ccs.ca)), Canadian Adult Congenital Heart Network ([cachnet.org](https://cachnet.org)) and the Canadian Heart Failure Association ([heartfailure.ca](https://heartfailure.ca)).

