

## “I got AstraZeneca for my first dose. Which vaccine is best for my second?”

1 Getting AstraZeneca for your first dose was the **right** decision. It’s protecting you and others from severe Covid-19.

2 Now, it’s most important to **get a second dose of any vaccine**. Any second dose helps you be fully immunized and protects you better against the variants.

3 Deciding on either **AstraZeneca** or **Moderna** or **Pfizer\*** for your second dose:  
\*Moderna and Pfizer have similar benefits and side effects. It doesn’t matter which one you get.

### AstraZeneca

- A second dose of AstraZeneca may offer less protection against the variants than Moderna or Pfizer.
- It might be best to get AstraZeneca now if you have to wait several weeks for Moderna or Pfizer.
- The risk of a severe blood clotting disorder from the second dose of AstraZeneca is estimated to be 1 in 600,000.<sup>†</sup>

<sup>†</sup>This number may change as we learn more.

- With any vaccine you get for your second dose (**AstraZeneca**, **Moderna**, or **Pfizer**), you may feel more, the same, or fewer side effects than your first dose. Side effects can include a sore arm, fatigue, headache, body aches, and chills for 1-3 days.

### Moderna or Pfizer

- A second dose of Moderna or Pfizer may offer more protection against the variants than AstraZeneca.
- Canada has a large supply of Moderna and Pfizer. They may be easier to find than AstraZeneca.
- There is no known risk of blood clots with Moderna or Pfizer.



*Rest, fluids, and acetaminophen can help with common side effects from all vaccines. Some people may need to take 1-2 days off from usual activities.*



**This can be a tough choice. If you have questions about getting your second dose, ask your healthcare provider.**

For more information, check out the long form document:

[https://uwaterloo.ca/pharmacy/sites/ca.pharmacy/files/uploads/files/i\\_got\\_astazeneca\\_for\\_my\\_first\\_dose\\_what\\_should\\_i\\_do\\_for\\_my\\_second\\_-\\_long\\_version.pdf](https://uwaterloo.ca/pharmacy/sites/ca.pharmacy/files/uploads/files/i_got_astazeneca_for_my_first_dose_what_should_i_do_for_my_second_-_long_version.pdf)

<https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/summary-interchangeability-authorized-covid-19-vaccines-en.pdf>

<https://www.medrxiv.org/content/medrxiv/early/2021/06/02/2021.05.19.21257334.full.pdf>

Planas et al. bioRxiv <https://doi.org/10.1101/2021.05.26.445838>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/991135/3\\_June\\_2021\\_Risk\\_assessment\\_for\\_SARS-CoV-2\\_variant\\_DELTA.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/991135/3_June_2021_Risk_assessment_for_SARS-CoV-2_variant_DELTA.pdf)

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