

## Instructions for the COVID-19 vaccination (booster shots(third dose))

### About the COVID-19 vaccine

This vaccine is part of the national and local governments' vaccination program for COVID-19 (SARS-CoV-2). This vaccine is covered by public funds and is available free of charge to those who wish to receive it. This vaccine (third dose) is intended for people aged 18 years and older.

### Effectiveness of the vaccine and administration method

The vaccine administered at this time is manufactured by Pfizer. This vaccine prevents the onset of COVID-19.

It has been reported that the neutralizing antibody level 28 days after an additional shot of this vaccine is higher than the neutralizing antibody level 28 days after the second shot.

Sales name	Comirnaty® intramuscular injection
Efficiency and effects	Prevention of infectious disease caused by SARS-CoV-2
Vaccination frequency and interval	One time (after a certain period from the second shot) *Intramuscular injection
Inoculation target	People aged 18 years and older (Efficacy and safety for people under 18 years of age is not yet clear.)
Inoculation amount	One dose of 0.3 mL

- The timing of the additional vaccination depends on who is eligible (6-8 months as of January, 2022). Check the notification from the municipality where you live.
- This vaccine can be given regardless of the type of vaccine used for the first and second vaccinations.
- Be aware that receiving this vaccine cannot completely prevent infection. You should take appropriate infection prevention measures regardless of whether or not you have received the vaccine.

### People who cannot receive the vaccine

This vaccine cannot be administered to people to whom any of the following circumstances apply. If you think any of the following circumstances apply to you, be sure to inform the doctor during the pre-vaccination consultation.

- People with obvious symptoms of fever (\*1)
- People suffering from serious acute illness
- People with a history of severe hypersensitivity (\*2) to any of the ingredients of this vaccine
- People who have another condition making it inappropriate for them to receive the vaccine

(\*1) An obvious symptom of fever is usually defined as a temperature of 37.5°C or higher. However, this standard does not necessarily apply if fever has been diagnosed in comparison to normal body temperature, even if the temperature reading is below 37.5°C.

(\*2) Anaphylaxis and multiple symptoms suggestive of anaphylaxis, including generalized skin and mucous membrane symptoms, wheezing, dyspnea, tachycardia, hypotension, etc. If you experienced above symptoms on the first and/or second vaccination, you cannot get the booster shot with the same kind of vaccine.

### People who need to be cautious about getting vaccinated

Those to whom any of the following circumstances apply should be cautious about receiving this vaccine. If you think any of the following circumstances apply, be sure to inform the doctor during the pre-vaccination consultation.

- People on anticoagulant therapy, people with thrombocytopenia or coagulation disorders
- People who have been diagnosed with immunodeficiency in the past, or people who have close relatives with congenital immunodeficiency
- People with underlying medical conditions such as heart, kidney, liver or blood disorders, or developmental disorders
- People who, after receiving vaccines in the past, have experienced symptoms indicative of an allergy, such as fever or generalized rash, within two days of vaccination
- People who have experienced convulsions in the past
- People who may be allergic to the ingredients of this vaccine

If you are pregnant, may be pregnant, or are breast-feeding, be sure to inform the doctor during the pre-vaccination consultation. Even if you have not checked with your OB/GYN, you can still be vaccinated if you are deemed fit for vaccination during the pre-vaccination consultation.

This pharmaceutical product contains an additive that has never been used in a vaccine before. If you have had hypersensitivity or allergic reactions to drugs in the past, be sure to inform the doctor during the pre-vaccination consultation.

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### What to do after receiving the vaccine

- After receiving this vaccine, please wait at the facility where you received the vaccine for at least 15 minutes (at least 30 minutes for those who have experienced severe allergic symptoms after vaccination in the past, including anaphylaxis, feeling sick, fainting, etc.). If you feel unwell, contact your doctor immediately. (This makes it possible to respond to any sudden onset of side effects.)
- The injected area should be kept clean. Although bathing on the day of vaccination is not a problem, do not rub the injected area.
- You can go about your life as normal, but refrain from any strenuous exercise, excessive drinking, etc.

### Side effects

- The principal side effects include pain in the injected area (\*1), headaches, joint and muscle pain, fatigue, chills, fever, and so on. Although rare, serious side effects can include shock and anaphylaxis. As this vaccine is a new type of vaccine, it may cause unprecedented symptoms that have not yet been identified. If you notice any concerning symptoms after vaccination, consult your vaccinating doctor or family doctor.

(\*1) Many people feel pain the next day, rather than immediately after inoculation. Pain and swelling may occur even after a week or more has elapsed since inoculation.

- Although extremely rare, mild cases of myocarditis and pericarditis have been reported after vaccination (\*2). If you experience symptoms such as chest pain, palpitations, shortness of breath, or swelling within a few days after vaccination, visit a medical institution immediately.

(\*2) This is more common after the second inoculation than the first inoculation, and tends to be more common among younger people, especially men.

- On the booster shot, many swelling of the lymph nodes (around 20%) have been reported compared to the first and second shot. If you have severe symptoms or they continue for long time, consult your doctor.

### About the Relief System for Injury to Health with Vaccination

Vaccinations can cause health problems (including illness or disability). Although this is extremely rare, the risk cannot be eliminated, and a relief system has been established for this reason.

In the case of health damage resulting from the COVID-19 vaccine, relief benefits (such as medical expenses, disability pension benefits, etc.) are available under the Immunization Act. Please consult with the municipality where you reside in regard to the procedures required for application.

### About the COVID-19 infection

When an infection caused by SARS-CoV-2 develops, symptoms resembling the common cold, such as fever and cough, may be evident. While many people recover from the disease with only mild symptoms, in severe cases, pneumonia-like symptoms such as breathing difficulties can develop, and may even lead to death.

### Features of the COVID-19 vaccine (vaccine manufactured by Takeda/Moderna) to be administered this time

This drug is a messenger RNA (mRNA) vaccine. In this formulation, the mRNA, which is the blueprint for the spike protein of SARS-CoV-2 (a protein necessary for the virus to enter human cells), is encased in a lipid membrane. When mRNA is taken into human cells through inoculation with this drug, viral spike proteins are produced in the cells based on the mRNA, and neutralizing antibodies against the spike proteins and cellular immune responses are induced, which is thought to prevent infections caused by SARS-CoV-2.

This drug contains the following ingredients.

Active ingredient	Tozinameran (mRNA encoding the full-length spike protein that binds to the human cell membrane)
Additives	➤ ALC-0315: [(4-hydroxybutyl)azanediyl]bis(hexane-6,1-diyl)bis(2-hexyldecanoate)
	➤ ALC-0159: 2-[(polyethylene glycol)-2000]-N,N- ditetradecyl acetamide "
	➤ DSPC: 1,2-Distearoyl-sn-glycero-3-phosphocholine
	➤ Cholesterol
	➤ Potassium chloride
	➤ Monobasic potassium phosphate
	➤ Sodium chloride
	➤ Dibasic sodium phosphate dihydrate
➤ Sucrose	

新型コロナワクチンの詳しい情報については、厚生労働省のホームページをご覧ください。

厚労 コロナ ワクチン 検索

ホームページをご覧になれない場合は、札幌市の一般お問い合わせ専用電話（011-351-8646）にご連絡ください。

