

Planning for your COVID-19 vaccine

Information for people with diabetes

November 23, 2022

Why is planning for a COVID-19 vaccine important?

- It is very important that you monitor how you are feeling in the days leading up to your vaccine appointment. If you do not feel well, you can rebook for when you are feeling better.

Should I get the COVID-19 vaccine? Will the vaccine work for me?

- All of the COVID-19 vaccines available in Canada are safe. Vaccines teach your body to develop antibodies against the COVID-19 virus. These antibodies will help fight off future infections and protect from serious illness.
- Doctors and researchers have looked at the evidence. Many people with diabetes were included in the clinical trials of the COVID-19 vaccines, and the vaccines were found to be just as effective and safe for people with diabetes as they are for people without diabetes.

What if I test positive for COVID-19?

- If you've recently had a positive COVID-19 test result, you can wait up to 3 months for a booster dose. The likelihood of a COVID-19 reinfection during this period of time is small because having COVID-19 boosts your immunity.
- You can also choose to get a booster dose at any time after your symptoms have passed. It is not harmful to get vaccinated and it will give you a good boost to your protection.

What about the medications or treatments that I take?

- There is nothing specific that you need to consider about your diabetes medications and receiving a COVID-19 vaccine.
- If you take medications for another condition and you aren't sure if you need to worry about timing, you can look at the [COVID-19 vaccine planning considerations](#) posted on the BCCDC website for that condition (if available), and/or call 8-1-1 or talk to your health-care provider. Most medications are safe to take on the same day as your vaccine.

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How else should I plan for my vaccine appointment?

- Review HealthLink BC's general information on [COVID-19 vaccines](#).
- In the days leading up to your vaccine monitor yourself: is anything different from how you usually feel, or do you have any symptoms that are new or worsening? If you aren't feeling well, rebook your vaccine appointment for another day. You won't lose your place in line. Consider reaching out to your health-care provider about your worsening symptoms.
- You can feel safe going to a COVID-19 vaccine clinic, as they are all following COVID-19 safety precautions.

What or who should I bring with me?

- Please bring your BC Services Card or CareCard to your appointment.
- You can bring any medical or mobility equipment that you need.
- If you need to, you can bring a trusted friend, family member or caregiver with you to support you through the process and/or translate for you as needed. Please only bring one person.

What happens after my vaccine?

- Everyone who gets a COVID-19 vaccine will stay on location to be monitored for 15 minutes after they receive their vaccine.
- If you have any new or worsening symptoms once you go home, please call your health care team or 8-1-1. If you have a severe allergic reaction, call 9-1-1 immediately.
- You can learn more about what to expect after your vaccine [on the BCCDC website](#).

My vaccine planning checklist

- Read the COVID-19 vaccine information for my condition(s)
- Time my vaccine appointment around my medication and treatments (if relevant to me)
- Talk to my doctor if I have any questions or need any help planning my medication
- Monitor how I'm feeling leading up to my vaccination appointment. Is anything new or getting worse compared to how I usually feel?
- Plan to bring the medical and mobility equipment I need with me