

# Planning for your COVID-19 vaccine

## Information for people who have metabolically unstable inborn errors of metabolism

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### Why is planning for a COVID-19 vaccine important?

- People with metabolically unstable inborn errors of metabolism include people with urea cycle disorders, methylmalonic aciduria, propionic aciduria, glutaric aciduria, and maple syrup urine disease.
- If you are a person with a metabolically unstable inborn error of metabolism, it is very important that you are feeling well on the day that you get your vaccine.
- If there are any other special instructions to ensure your vaccine appointment goes smoothly, your metabolic or biochemical disease health-care team will contact you to review those instructions.

### 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. They agree that, unless you have a **very** serious allergy to any of the vaccine ingredients, you should strongly consider getting a COVID-19 vaccine. This is because you have a higher chance of experiencing severe symptoms if you get COVID-19. If you were to get COVID-19, you might get additional and very serious symptoms from something called metabolic decompensation where your metabolic disease could get much worse due to the infection.
- Although people with inborn errors of metabolism weren't included in the clinical trials of the COVID-19 vaccines, the way the vaccine works means that there is a strong chance that your immune system will learn to protect you from COVID-19.

### 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.

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- 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 in terms of medications and treatments. Your health care team will contact you to review any instructions that might be specific to you.

## How else should I plan for my vaccine appointment?

- Review HealthLink BC's general information on [COVID-19 vaccines](#).
- It is important for your safety that you are feeling as well as possible when you get your vaccine. In the 4-5 days leading up to your vaccine monitor yourself: are any of your typical symptoms new or worsening?
- If you aren't feeling well, rebook your vaccine appointment for another day. You won't lose your place in line. Talk to health care provider about your worsening symptoms and work with your provider to help decide when it is safe to rebook your vaccine appointment.

## 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 family member, friend or caregiver with you to support you and/or translate for you through the process. 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 get their vaccine.
- You should tell a health-care provider at the vaccination site if you do not feel well.
- 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](#).

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## 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