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, and they do not contain any live virus. The vaccines cannot give you COVID-19.
- 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 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 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.
- Everyone will have to continue following COVID-19 safe practices for a while, even after getting their vaccine. 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?

☐ Make sure I am feeling my usual self on the day of my vaccine appointment

☐ Plan to bring the medical and mobility equipment I need with me