

VACCINATION INFORMATION SHEET – FOR VACCINATION RECIPIENTS

MODERNA COVID-19 VACCINE

This vaccine has been granted authorization under the Pandemic Special Access Route (PSAR) by the Health Sciences Authority (HSA) for use in Singapore under the direction of the Ministry of Health. Read this information carefully. Consult your doctor or clinic if you have questions.

1. What is COVID-19?

COVID-19 is a respiratory illness that can affect other parts of the body and can range from mild to severe disease. Spread is mainly through droplets, touching contaminated surfaces or in some cases, by airborne routes. Symptoms appear 2 to 14 days after exposure, and include fever, cough, shortness of breath, sore throat, runny nose or loss of smell or taste. Complications include respiratory failure, heart attacks, blood clots and other long-term problems.

2. What is the Moderna COVID-19 Vaccine?

The Moderna COVID-19 Vaccine (mRNA-1273) is given to protect against COVID-19 for persons 18 years of age and older. The vaccine contains messenger RNA (mRNA) which helps your immune system to produce protective responses and has 94% efficacy against COVID-19.

The vaccine consists of 2 doses. The second dose is due in **28** days but can be taken with an interval of up to six to eight weeks apart. You need both doses to have the full vaccine protection, and for the protection to last as long as possible.

The vaccine has been assessed to be safe for use. However, you may experience common side effects, similar to other vaccines. These usually get better after 1 to 3 days. Section 6 covers vaccine side effects, and Section 7 covers post-vaccination advice.

3. Who should get the vaccine? Who should not get the vaccine?

You should get the Moderna COVID-19 Vaccine to be protected against COVID-19, if you don't have any conditions that make COVID-19 vaccination inadvisable. There are no contraindications to receiving the Moderna COVID-19 vaccine apart from the settings and conditions described below.

You should **NOT** get vaccinated if you have an allergic reaction (including anaphylaxis) to a prior dose of this vaccine or to any ingredients in this vaccine (see Section 5). If you had an allergy or anaphylaxis to other vaccines, you may need referral to an allergist.

Tell your doctor or nurse before getting this vaccine if you:

- have a fever in the past 24 hours, or got another vaccine in the past 14 days
- are immunocompromised, or taking treatment that affects your immune system
- have COVID-19 infection before, or received another COVID-19 Vaccine
- are pregnant, or think you may be pregnant
- have active or recent treatment for cancer, organ or stem cell transplantation

You likely can still receive the vaccine. The doctor or nurse will advise if you can proceed to get the Moderna COVID-19 Vaccine.

4. How is the Moderna COVID-19 Vaccine given?

This vaccine is given as an injection into the muscle of your upper arm. You should return for your second dose of the same vaccine on the stipulated appointment given, to complete your COVID-19 vaccination.

5. What are the ingredients in the Moderna COVID-19 Vaccine?

The Moderna COVID-19 Vaccine includes the following ingredients: messenger ribonucleic acid (mRNA), lipids (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, and

1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, acetic acid, sodium acetate, and sucrose.

6. What are the possible side effects? How do I manage the side effects?

Like all vaccines, this vaccine can cause side effects. Most side effects are mild or moderate, and usually get better within a few days. The table below lists some common side effects that have been reported with this vaccine, and how to manage them.

Side Effects	How to Manage
Pain, redness, swelling at the injection site	Those with fever are advised to self-isolate at home until the fever subsides.
Fever, chills	
Headache, muscle pain, joint pain	Paracetamol 1 to 2 tablets every 6 hours for adults or dosed according to the child's weight as needed
Tiredness	Rest
Lymph node swelling at neck or arms	Usually gets better by itself in a week or so

See a doctor if the side effects persist or get worse, if the fever persists for more than 48 hours or if respiratory symptoms such as cough, runny nose, sore throat, shortness of breath or loss of sense of taste and smell develops. Very rarely, this vaccine can cause a severe allergic reaction or anaphylaxis. Signs of a severe allergic reaction include difficulty breathing, swelling of your face, throat, eyes or lips, a fast heartbeat, dizziness and weakness, a bad rash all over your body. **If you experience a severe allergic reaction, seek medical attention immediately.** Call 995 or go to the nearest A&E immediately.

These may not be all the possible side effects of the Moderna COVID-19 Vaccine. If you experience side effects not listed, please consult your doctor.

7. Any Other Advice Before or After Vaccination?

The following advice is provided for different groups of vaccine recipients:

- If you are on blood thinning medicines, press firmly on the injection site for 5 minutes
- If you are pregnant, please consult your obstetrician to discuss the risks & benefits, so you can make an informed decision about receiving the Moderna COVID-19 Vaccine.
- If you are on active treatment for cancer, please consult your oncologist to discuss the risks & benefits, to assess suitability for receiving the Moderna COVID-19 Vaccine.

In general, it's advisable to be well-hydrated and not to skip meals before coming for vaccination. Persons who are dehydrated or fasting may be more prone to fainting after the vaccination.

It is also advisable to avoid possible actions that may stimulate a serious allergic reaction after vaccination:

- Avoid strenuous exercise or physical exertion for 12-24 hours after getting vaccinated
- Avoid drinking alcohol for 12-24 hours after getting vaccinated
- Avoid taking non-steroidal anti-inflammatory drugs (NSAIDs) for pain or fever after vaccination. (NSAIDs include medications like ibuprofen, naproxen, and diclofenac.)

Please note that if you happen to be unwell or acutely ill at the time of your appointment, this can be re-scheduled.

8. How do I report side effects?

You can contact a medical practitioner for further advice. Your healthcare provider will be able to advise you and report the side effects to HSA. You may also report side effects directly to HSA on a form by scanning this **QR code**.



9. What is the Pandemic Special Access Route (PSAR)?

PSAR is an authorisation process by HSA to facilitate early access to vaccines and medicines during a pandemic, such as COVID-19.

The content of this information sheet was updated on 04/06/21. For the latest COVID-19 vaccine consumer information, please refer to the HSA website at <https://www.hsa.gov.sg/covid-19-information-and-advisories>