



March 15, 2021

COVID-19 Vaccine and Type 1 Update

Dear Patients and Families,

At the Best Centre, our services have always stemmed from our mission to keep our patients healthy until a cure is found. This is particularly significant now as we respond to the ongoing efforts put forth by the Premier and our provincial government. As we enter into mass vaccinations, the Best Centre is responding to many questions about the vaccine itself. Please review the information below. We will continue to provide information and updates as they are available. Please bookmark this page [Best Centre COVID-19 Updates](#).

Diabetes Canada encourages people living with type 1 or type 2 diabetes to receive the COVID-19 vaccine when it is accessible.

- Type 1 diabetes, although caused by autoimmune process, is not a contraindication to receiving the vaccine.
- Vaccine side effects include mild reactions such as pain, redness or swelling at the injection site, and/or mild fever, rash, fatigue, and ache (anaphylaxis is very rare).

The research shows;

- People living with T1D are not at an increased risk for getting COVID-19.
- However, adults with type 1 are at greater risk for serious complications; more severe disease, pneumonia, respiratory failure and ICU admission.
- Worse outcomes are seen in people living with (all) diabetes who have chronic poor glycemic control, hypertension, vascular disease and obesity.

Please consider vaccination as soon as is as it is available to you.

Sincerely,

Lorrie Hagen, RD, MHSc, CHE
Executive Director