

Why employees are choosing to get vaccinated

#PROTECTEDTOGETHER

Over the past year, the COVID-19 pandemic has been top-of-mind for many people.

Early in the pandemic, the focus was on understanding symptoms and determining how the virus spreads. Attention then quickly shifted to COVID-19 testing protocols and how to keep employees safe at work.

More recently, the subject of vaccines has become the topic many are talking about. It is important to note that vaccine availability and distribution vary on a global scale, with different groups of people receiving their vaccine based on the vaccine eligibility stage in the country that they live.

It is Magna's goal, where possible, to assist in the delivery of vaccines to those employees and immediate household members who are interested in receiving a COVID-19 vaccine.

Based on employee eligibility, Magna's first opportunities to assist in the delivery of



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vaccines took place at Nascote Industries, Magna Exteriors Belvidere, and Kamtek in March 2021. Between the three divisions, over 1100 employees received their vaccinations. Many employees have also taken the opportunity to be vaccinated within their communities. Take a look at what some employee who have received their vaccine had to say!

To learn more about when you will be eligible to get the COVID-19 vaccine, please follow your local Health Authority guidelines.

"I was like many black Americans and wasn't very trusting of the medical community when it came to the COVID vaccine. But every day, I saw the numbers of infections and deaths going up.

I wanted to do my part for the community and be an example to show the vaccine's effectiveness. This is the one thing that I can do to be a part of the change that may end the pandemic, make HISTORY, and keep my family, friends and community safe."



MEET ARDELLA MCMILLON

Compliance Coordinator,
Government Affairs

"For me, getting the COVID-19 vaccine is the responsible thing to do. By receiving the shot, I'm not only protecting myself, but everyone I come into contact with."



MEET PAUL MYLES

Senior Manager, Government Workforce
Development and Training Programs

"I got vaccinated because I miss my friends and coworkers but especially my family. I haven't seen my son who lives in Germany in over 15 months."



MEET LISA ROSS

Account Manager - Supplier Diversity
and Service Parts



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WHAT IS

a VACCINE?

A vaccine is a product that trains the body's immune system to fight a disease it has not encountered before. Different than most medicines, vaccines are designed to prevent a disease, rather than treat a disease once you have it. To understand how vaccines work, it helps to understand how the immune system works.

HOW DOES

the IMMUNE SYSTEM work?

The immune system is a complex network of cells and proteins that help defend the body against infection.

There are upwards of a hundred trillion bacteria and viruses that can enter the body at any given time. Not all of these bacteria and viruses are bad, but some can get inside our bodies and multiply, which can cause illness and disease. When these foreign bacteria and viruses are present, the immune system is quick to recognize them and trigger a series of responses to fight them. This includes the production of antibodies, which involves many different types of white blood cells that work together to fight off the bacteria and viruses.

All bacteria and viruses have parts on them called antigens. It is important to note that antibodies will not work against every type of bacteria or virus. They must be exactly the right shape of antigen on the bacteria or virus — a bit like a key fitting into a lock.

The human body has a library of billions of white blood cell and each type of cell can only make one shape of antibody. Only a few of these antibodies will match the invading antigen. Producing antibodies of the right shape can take several days. By this time there could be many disease-causing bacteria in the body.

Once the right cells are activated, they quickly divide and turn into a production line, making large numbers of antibodies that stick to the antigen. Eventually the body will recover from the foreign antigen. Antibodies remain in the blood, and some white blood cells may also become 'memory cells'. If the same kind of bacteria invade the body again, the immune system will remember how to respond and will react quickly to the returning threat to prevent illness. If the immune system is weak due to other disease, the immune response to the bacteria or virus may not be as effective. However, even in these cases, most vaccines will provide some benefit.



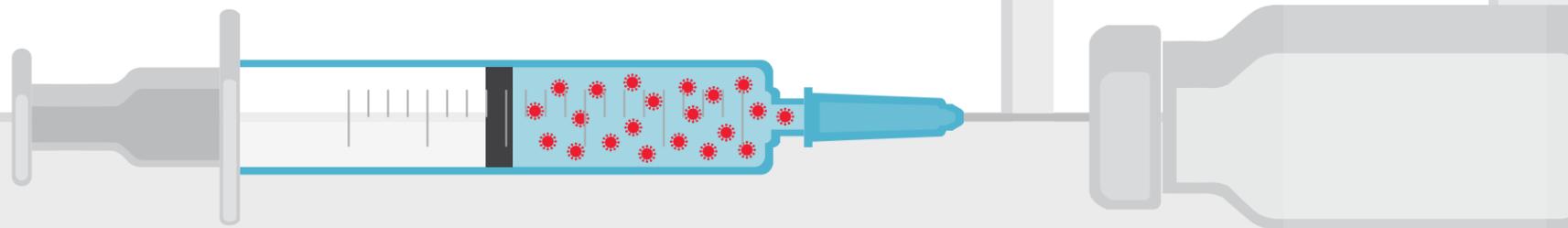
HOW DO

VACCINES work?

Vaccines are effective because they work with the body's natural defense system, the immune system, to safely develop immunity to disease.

Vaccines contain a weakened or dead form of the antigen that is just enough to convince the immune system that a real invader has got in. The same process takes place as when real bacteria or viruses invade our bodies—except you don't get sick.

Scientists and doctors have put a lot of research into finding what keeps people from getting diseases, and with success, vaccines are used to boost your immune system and help prevent serious, life-threatening diseases.



There are a number of COVID-19 vaccines that have been approved globally. To gain a better understanding of the differences between various vaccine types, see the chart below:

TYPE OF VACCINE	VACCINE BRAND	HOW THE VACCINE WORKS
 MRNA	Pfizer, Moderna	Contains particles of COVID-19 RNA which teach our cells to make a spike protein that stimulates the immune response. mRNA vaccines do not contain live COVID-19 virus.
 VECTOR	AstraZeneca, Janssen, Sputnik, Covishield	A vector is a container for a particle of COVID-19. Vector vaccines use a safe virus to deliver particles of COVID-19 into your body which the body responds to. Vector vaccines do not contain live COVID-19 virus.
 PROTEIN SUBUNIT	Novavax, Sanofi, EpiVacCorona	Contains very specific particles of the virus that have been selected because of their ability to stimulate the immune response. Protein Subunit vaccines do not contain live COVID-19 virus.
 WHOLE VIRUS	Sinovac, Covaxin, Sinopharm, CoronaVac	Contains whole inactivated or killed COVID-19 to expose the immune system to the virus without risking infection.

VACCINATION

vs.

IMMUNIZATION

The terms vaccination and immunization are often used interchangeably however, one describes an action while the other describes the effect. Using the terms correctly can help avoid misunderstandings between you and your healthcare provider.



VACCINATION is a term used for getting a vaccine, the process of getting the injection or taking an oral vaccine dose to stimulate the body's own immune system to protect the person against disease or infection.

IMMUNIZATION refers to the process by which a person becomes protected against a disease following the vaccination.

The normal immune response takes approximately 2 weeks to work. This means protection from an infection will not occur immediately after vaccination.

The protective effect of immunizations is dependent on the vaccine. While some vaccines can last years, others need booster shots. The length of protection for the various COVID-19 vaccines is still currently being researched.



DID YOU KNOW?

The immunity you get from a vaccine is one of the best disease interventions known to humankind.

After vaccination, if you become infected, the new immunity provides great protection from becoming sick or developing symptoms. Although a vaccine will not prevent you from becoming infected, it does allow your body to fight the infection and can prevent severe illness and hospitalization due to COVID-19.

5

HEALTHY LIFESTYLE HABITS to Maintain a Healthy Immune System

Health is often considered one of the most valuable assets we have. Today more than ever, people all over the world have developed a deeper appreciation for health while learning and understanding the importance of both protecting and improving it.

A healthy immune system is vital to preventing and fighting illness, but it is also an important part to living a balanced, healthy life. The right daily habits and practices can do both; support our immunity and contribute to a happy and healthy lifestyle.

Living a healthy lifestyle can be the single best thing we can do to maintain a strong immune system. Every part of the body functions more optimally when we are eating healthy foods, maintaining a positive environment, and managing low stress levels.

Here are some simple daily lifestyle habits that will help maintain a stronger immune system.



1 DAILY EXERCISE

Just 30 minutes per day. It is recommended for adults ages 18–64 years old to aim for a minimum 150 minutes/week of moderate-to-vigorous exercise to achieve health benefits.

There are many great benefits to exercise, including prevention of arthritis, diabetes, cardiovascular disease, osteoporosis, depression, and more. Exercise has also been shown to enhance and improve different components of the immune system while contributing to improved quality of sleep.



2 EXPOSURE TO SUNLIGHT

Enjoy fresh air and moderate exposure to sunlight a few times per week to allow your body to make Vitamin D. Vitamin D is known for helping maintain functions of the protective immune system. If you're not able to regularly get outside during the sunny hours of the day, consider a Vitamin D supplement as a substitute. Just remember to consult with your doctor before starting a new supplement.



4 GUT HEALTH

Did you know that 80% of the immune system is housed in the gut? Making sure your digestive system is in tip-top shape can be key to addressing many health problems. Foods like yogurt that contain good, healthy bacteria known as "probiotics" can help maintain functional balance of the digestive system which in turn, helps your immune health.



3 BE MINDFUL & MANAGE YOUR STRESS

Everyone has stress. It is a normal part of life. Short bursts of stress may be helpful to your immune system (like exercise). Prolonged, lasting stress can hinder your immunity and if left unmanaged, can become a problem that contributes to a weakened immune system.

The body and the mind do not get much benefit from too much worrying. A routine of helpful habits like yoga, deep-breathing, and meditation/prayer can assist you in keeping your stress minimal. A relaxed body will feel rejuvenated from some peaceful rest and relaxation techniques and it is good to give the brain some down time on occasion.

Try to use these tips to achieve and maintain optimal immune health while enjoying a happy, healthy lifestyle.

5 MAINTAIN ADEQUATE SLEEP

When we sleep, the immune system releases proteins that help promote a deeper sleep. Some of these proteins also help to fight infection or inflammation and even help the body manage stress hormones. Lack of sleep can have a negative effect on the immune system by reducing production of these helpful immune proteins. Aim for 7-9 hours of restful sleep every night to maintain optimal immunity. Removing distractions, going to bed when you're tired, and eliminating sugary foods late in the day will help you get to bed on time.



Vaccine Common Terms



immunity

Immunity refers to the protection you have after receiving a vaccine. Immunity helps protect you from getting sick with an infectious disease or virus.

vaccination

Vaccination is the method of introducing an antigen into the body, often by needle injection, to produce an immune response to a specific disease or virus. Vaccination is also sometimes referred to as 'immunization' or 'inoculation'.

fully immunized

Fully immunized refers to an individual who has received the entire series of vaccine doses required for immunization. If the vaccine requires two doses, the person has received dose 1 and 2.

antigen

An antigen refers to any foreign substance from the environment such as, bacteria, viruses, chemicals, pollen, or other microorganisms that causes the immune system to produce antibodies against it. This means your immune system does not recognize the substance (antigen) and tries to fight it off.

vaccine booster shot

A vaccine booster shot refers to the additional administration of a vaccine after the initial vaccination has been completed. The length of time between the initial vaccination and the booster shot is dependent on the vaccine and how long one is protected by the initial vaccination. Some vaccines can provide protection that lasts for year, while others need a booster shot more regularly.

vaccine

A vaccine is the antigen injected into the body to produce an immune response to a particular disease or virus. Vaccines may contain particles of the virus or weakened whole virus.

antibodies

Antibodies are proteins that are a part of the human body's adaptive immune system. Antibodies attach to invading antigens (such as viruses or bacteria) in order to fight them off. This can prevent or reduce the severity of symptoms one may experience.

Wellness in History: THE 1ST VACCINE

D

uring the late 1700's, a disease known as "smallpox" was spreading among the population and made many people very ill. Until one day, in 1796, Dr. Edward Jenner noticed that the farm milkmaids who often worked with cows had been exposed to a similar but less deadly disease called "cowpox".

Cowpox sometimes caused sores and blisters to form on the hands of the milkmaids but never caused them to get very sick.

Dr. Jenner quickly realized that the milkmaids that were exposed to cowpox also never got sick from smallpox and decided to put his observations to the test.

The doctor recruited one of the milkmaids and a young boy and infected the boy with cowpox using the cowpox blisters on the milkmaid's hands. He then exposed the boy to smallpox through a process called variolation—where material infected with smallpox is isolated and dried up to a powder that can then be injected or inhaled. After variolation, the boy remained healthy and never got sick from smallpox. Dr. Jenner called his technique "vaccination"

and continued to use it to help many other people all over England using the world's very first vaccine!

Historically, smallpox killed more people around the world than all other infectious diseases combined, but thanks to the efforts of Dr. Jenner, the boy, and the milkmaid, in 1980, the World Health Organization declared the world free of smallpox.

The disease has been successfully eliminated worldwide, meaning that no one anywhere in the world has been infected with smallpox.

Dr. Edward Jenner



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WE WOULD LOVE TO HEAR FROM YOU!

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