

# COVID-19 and Myocarditis/Pericarditis Fact Sheet for Health Care Providers

**Issue:** A small number of cases of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) have been reported following mRNA COVID-19 vaccination, more commonly in young males aged 12-29.<sup>1</sup>

**Key Message:** In Canada, the National Advisory Committee on Immunization (NACI) continues to recommend vaccination with mRNA COVID-19 vaccines for everyone over the age of 4. This is because it is safe and effective at preventing severe illness and hospitalization from COVID-19. In Ontario, the Provincial government preferentially recommends Pfizer for people 29 years and under. However, individuals age 12 and over may receive Moderna with informed consent.



## Data shows:



Myocarditis/pericarditis following an mRNA vaccine is rare, occurring in less than 0.1% of Canadians, even in the age groups with the highest rates.

In clinical trials, no cases of myocarditis/pericarditis were reported in children 5-11.



In Halton region, there have been 36 cases of myocarditis reported out of the over 1,000,000 COVID-19 vaccines administered.



The majority of reported cases have been mild with individuals recovering quickly.

Canadian surveillance data currently shows relatively higher rates of myocarditis/pericarditis reported after Moderna vaccination compared to Pfizer.



In Ontario the highest reporting rate of myocarditis/pericarditis was observed in males aged 18-24 years following the second dose.<sup>2</sup>

**16x**  
higher risk

People who test positive for COVID-19 have a 16 times higher risk for myocarditis than people who do not have COVID-19.<sup>3</sup> COVID-19 is a significant risk factor for myocarditis. Getting vaccinated is the best way to protect yourself against COVID-19.



Evidence continues to show that the benefits of COVID-19 vaccination far outweigh any potential risks.

**Sources:** 1. <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/rapid-response-recommendation-use-covid-19-vaccines-individuals-aged-12-years-older-myocarditis-pericarditis-reported-following-mrna-vaccines/summary.pdf>  
2. [https://www.publichealthontario.ca/-/media/documents/ncov/epi/covid-19-myocarditis-pericarditis-vaccines-epi.pdf?sc\\_lang=en](https://www.publichealthontario.ca/-/media/documents/ncov/epi/covid-19-myocarditis-pericarditis-vaccines-epi.pdf?sc_lang=en)  
3. <https://www.cdc.gov/mmwr/volumes/70/wr/mm7035e5.htm>