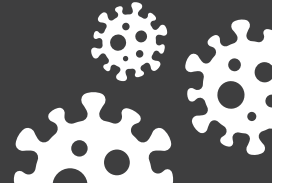


COVID-19 Vaccination for Children 5 to 11 years of age



Importance of vaccination

Although children and youth are less likely to get really sick from COVID-19, they can still:

- get sick from COVID-19
- be infected and not have any symptoms
- spread COVID-19 to others
- experience longer-term effects if they do get infected

Children and youth with certain underlying medical conditions may have a higher risk for severe illness from COVID-19. COVID-19 vaccines help the body fight off the virus. Once fully vaccinated, people who get infected with COVID-19 will likely have no symptoms or mild symptoms.

Your child can't get COVID-19 from the vaccine.

The Pfizer-BioNTech COVID-19 vaccine tells the body how to make a harmless protein found on the COVID-19 virus and start building antibodies against it, so that the immune system will know how to recognize and fight the real virus if they come in contact with it.

If your child already had COVID-19, they should still get the vaccine.

Although a prior COVID-19 infection may provide some protection from getting sick again, we do not know how long that protection will last, and it may not protect against new variants. If you are recovering from COVID-19, you should delay getting the vaccine until most of your symptoms are gone and you are no longer in self-isolation.

Parent tips to support your child during COVID-19 immunization

- Tell your child what they can do to ease the discomfort (e.g., sit still, breathe deeply, and relax the arm).
- Talk with your child about their feelings and let them ask questions.
- Be a role model for your child by staying calm and talking positively.
- Distract your child with a favourite toy, blanket, book, music, singing, or telling a joke or a story.
- Tell your child to take a deep breath and to blow it out slowly.
- Hold your child securely in a comforting hug, sitting upright on your lap, facing forward, or facing you, with the arm exposed. Older children can sit alone if they wish

Cuddle position for younger children

Sit your child sideways on your lap:

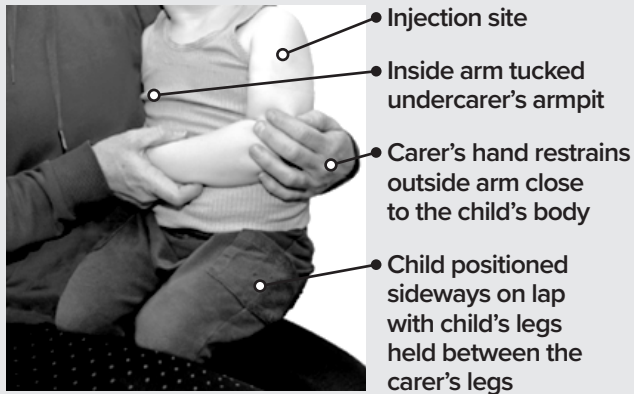
- hold the arm to be injected close to the child's body and secure it at the elbow
- tuck the child's other arm under the parent's/carer's armpit and behind the parent's/carer's back
- hold the child's legs between the parent's/carer's legs

Straddle position

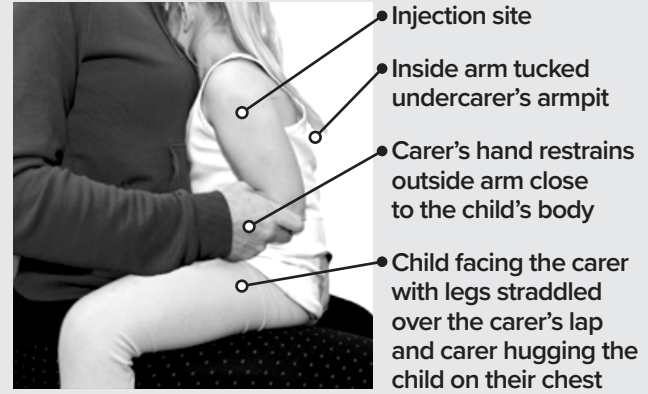
An older child may face you with their legs straddled over your lap. The child's arms should be folded in front, and you should hug the child's body to your chest.

Alternatively, the child can 'hug' you, with your arms holding the child's arms in a shared hug. This position allows access to upper arms and both thighs.

Positioning a child in the cuddle position



Positioning a child in the straddle position



Dosage:

2 doses of 10 mcg per dose (1/3 of adult dose) to be given 8 weeks apart.

Possible side effects

Side effects are part of the body's natural response to a vaccine.

Some people have no side effects while others may have some type of reaction. Reactions are most often mild and go away by themselves within hours or days.

Common vaccine side effects may include:

Symptoms at the injection site

- pain
- redness
- swelling

Flu-like symptoms, such as:

- chills
- fatigue
- joint pain
- headache
- mild fever
- muscle aches
- nausea

Available medication options

Topical anesthetics (numbing creams)

Children can use topical anesthetics to numb the skin. You can buy topical anesthetics at a drug store. Read the instructions before applying the product. It must be on the skin 30 to 60 minutes before the injection(s). Ask your health care provider to show you the right locations to apply the cream.

Acetaminophen (e.g., Tylenol) or Ibuprofen (e.g., Advil or Motrin)

These medications are not recommended before injections, as there is no evidence of benefit.

These medications may be recommended to you by your health care provider after your child receives their injection (e.g., if the child develops a fever).

Getting a COVID-19 vaccine will help your child resume the activities they enjoy and support their mental health and wellbeing.

Vaccination is an important tool to help stop the spread of COVID-19 and allow students and families to safely resume normal activities. When enough people are protected from COVID-19, the risk of infection for your child will begin to decline. Vaccines, along with mask-wearing, physical distancing and other precautions, will help protect the health of the broader community. Only after rates of COVID-19 in the broader community are low will normal activities for children and youth be possible again.