

# COVID-19 VACCINES FOR CHILDREN 6 AND OLDER



## WHAT YOU SHOULD KNOW

COVID-19 can infect anyone, including children. COVID-19 vaccines are available for children 6 months and older. Every child is safer with a COVID-19 vaccine than without it.

**It is recommended that everyone 6 years and older get one dose of the updated COVID-19 vaccine even if they've had the original COVID-19 vaccine. After one dose of the updated COVID-19 vaccine, your child is up to date. (1)**



## COMFORTING YOUR CHILD WHEN GETTING A VACCINE

- Remind your child that vaccines keep them healthy.
- On the day of the appointment, talk about the day's events and plan something fun to do after the vaccine.
- Bring comforting items, like books or toys, to calm and distract.
- Ask your provider about a shot blocker or a "Buzzy Bee" to ease discomfort.
- Remind your child to take deep breaths, and allow them to sit upright to have a sense of calm control.
- Be calm and positive. You will inspire your child to do the same.

**Learn more at: [www.boostoregon.org/comfort](http://www.boostoregon.org/comfort)**

### Sources

1. Children's Hospital of Philadelphia: <https://www.chop.edu/centers-programs/vaccine-education-center/making-vaccines/prevent-covid>
2. Our World in Data: <https://ourworldindata.org/covid-vaccinations>
3. Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>



## COMMON QUESTIONS



### Is the vaccine safe?

Yes. Thousands of children participated in the trials, and as of May 2023, over 5.5 billion people have received over 13 billion doses of the COVID-19 vaccine.<sup>(2)</sup> Safety monitoring is ongoing with no serious long term side effects detected. <sup>(3)</sup>

### Can my child get other vaccines at the same visit?

Yes. It is safe to get other vaccines at the same time. <sup>(1)</sup>



### What are the side effects?

Side effects are common and may include a sore arm, fatigue, headache, fever, chills, and muscle or joint pain.

For males ages 12-30, there is a small, increased risk of heart inflammation (myocarditis or pericarditis) within a week after the Pfizer or Moderna vaccine. Symptoms can be chest pain, shortness of breath, or rapid, irregular heartbeats. This is rare and does not cause permanent damage.

People who menstruate may notice a temporary change to their period, such as heavier bleeding, a shorter interval between periods, or a longer-lasting period. If this occurs, the change is temporary and has no long-term effects. There is no evidence that the COVID-19 vaccine causes fertility problems. <sup>(1, 3)</sup>



#### Sources

- 1.Children's Hospital of Philadelphia: <https://www.chop.edu/centers-programs/vaccine-education-center/making-vaccines/prevent-covid>
- 2.Our World in Data: <https://ourworldindata.org/covid-vaccinations>
- 3.Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>



For more information, visit: [www.boostoregon.org](http://www.boostoregon.org)