

# Facts for Parents and Caregivers

## Why should children get the COVID-19 shot?



### THE VACCINE IS SAFE AND EFFECTIVE

It will protect children from getting sick and getting others sick.



### LONG TERM COMPLICATIONS

Children can develop long-term complications or even death from COVID-19.



### VACCINATED CHILDREN PROTECT EVERYONE

Kids play a role in controlling the spread of COVID-19, so the more people vaccinated will help slow down infection rates, and there will be fewer chances for the virus to turn into a new strain.



### VACCINATED KIDS DON'T NEED TO QUARANTINE

Vaccinated kids exposed to COVID-19 don't need to quarantine and can keep going to school if they have no symptoms.

## When should children get the COVID-19 shot?

It is recommended that all children 6 months through 5 years of age should receive their COVID-19 vaccines as soon as possible. Reach out to your doctor about scheduling your child's vaccination.

## What COVID-19 vaccines are available for children, and what is the recommended dosage?

At this time in the United States, there are two COVID-19 vaccines approved for use in children to prevent COVID-19. Each brand has different dose requirements. Talk to your doctor about the recommended doses and booster shot available for your child.

Vaccine eligibility depends on your child's age and brand of primary dosage (Moderna or Pfizer), but all vaccines and boosters are generally available for children 6 months and older. For more specified vaccination information, please refer to the Center of Disease Control (CDC)'s COVID-19 homepage.

## What are booster shots, and who needs them?

A booster shot is an additional dose of vaccine, and it is recommended for people who completed their vaccine series to have increased and longer protection. Everyone ages 5 and older, regardless of which COVID-19 vaccine they first received, should get recommended boosters to help protect against severe disease caused by infection with COVID-19.

## What are the possible symptoms after getting the COVID-19 shot?

Not everyone experiences symptoms after getting vaccinated. Your child may have some side effects after getting the shot for about 24-48 hours, which are typical signs that their body is building protection.

### Side effects may include:

- Pain, redness, or swelling at the injection site
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever and/or Nausea



## Can children and teens receive regular childhood immunizations and the COVID-19 shot?

Yes, children and teens may get a COVID-19 shot and other vaccines, including the flu shot, at the same time. Talk to your pediatrician about any shots they may have missed over the past year, and get caught up now.

## What is the concern of the COVID-19 strains?

The coronavirus that causes COVID-19 has gone through a changing process many times during the pandemic. Researchers have evidence that:

- **Some new strains may enable the coronavirus to spread faster from person to person.**
- **More infections can result in more people getting very sick or dying.**
- **New strains of the virus will continue to spread.**
- **The most significant risk of transmission is among communities with low vaccination rates. Therefore, vaccines are the most effective way to control and treat the virus, including the new strains.**

## What to do if you test positive for COVID-19?

If you test positive for the COVID-19 virus, you need to isolate for the recommended period of time to stop the spread of the virus to others. A few safety precautions are:

- **Use a separate bathroom if possible.**
- **Do not share items like eating utensils, cups, or bedding with members of your household.**
- **Remain six feet apart, wash your hands, and wear a mask, especially around those who are unvaccinated or immunocompromised.**



## Credible Resources:

- EverThrive IL  
(<https://www.understand.EverThriveIL.org>)
- American Academy of Pediatrics (AAP)  
(<https://www.aap.org>)
- How to talk to kids about COVID-19  
(<https://riseandshine.childrensnational.org/covid-19-faqs-for-kids/>)
- How to talk to teens about COVID-19  
(<https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-covid-19-adolescents-and-youth>)
- Dealing with COVID-19 Anxiety?  
(<https://www.psychology.org/resources/expert-tips-coronavirus-anxiety/>)