

# COVID-19 Vaccine Information Sheet: For Children (age 5-11)

November, 2021

This document provides basic information only and is not intended to provide or take the place of medical advice, diagnosis or treatment, or legal advice.

The pediatric Pfizer-BioNTech COVID-19 vaccine is the only COVID-19 vaccine authorized by Health Canada for children aged 5 (or turning 5 in 2021) to 11.

Please read this information sheet carefully and make sure all your questions have been answered by a health care provider before your child gets the vaccine.



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## What is the COVID-19 Vaccine?

- The COVID-19 vaccine protects your child from getting sick from the virus that causes COVID-19.
- This is important because COVID-19 can cause severe sickness or death.
- The vaccine does not contain a live virus. Your child cannot get COVID-19 from the vaccine.
- The vaccine for children in this age group is a smaller dose (one-third) than the vaccine used for adolescents and adults.
- The vaccine is given as a needle in the upper arm muscle.
- It is important that your child receive all recommended doses of the vaccine to get long-term protection against COVID-19. Children 5 - 11 years old are recommended to receive two doses, 8 weeks apart for optimal, longest lasting protection.

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## Before receiving the vaccine, tell the health care provider at the clinic who is providing the vaccine if your child:

- Is currently feeling sick or have signs and symptoms of COVID-19.
- Has any allergies or had an allergic reaction to a previous COVID-19 vaccine dose or another vaccine.
- Was diagnosed with myocarditis or pericarditis following a COVID-19 vaccine or has had myocarditis before.
- Is immunosuppressed due to disease or treatment or has been diagnosed with an autoimmune condition.
- Has ever fainted or became dizzy after getting a vaccine or a medical procedure or has a fear of needles.
- Has a bleeding disorder or are taking medication that could affect blood clotting.

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## Why Should My Child Receive the COVID-19 Vaccine?

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- The COVID-19 vaccine is effective at preventing infection due to the COVID-19 virus. This can keep your child from getting sick!
- As it reduces the chances of getting sick, the vaccine can also help to prevent you from spreading COVID-19 to others. That means parents, grandparents, loved ones, friends, and classmates can be protected too.
- Fully vaccinated children without symptoms do not have to isolate if they are identified as a close contact of a case. This could prevent your child from isolating at home for 10 days.

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## What are the normal side effects to expect after receiving the vaccine?

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Some mild side effects may occur after getting the COVID-19 vaccine, such as pain and swelling where the vaccine was given, tiredness, muscle soreness, or headache. These side effects are normal signs that the body is building protection. Serious side effects after receiving the vaccine are rare.

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## Vaccine Ingredients and Allergies

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The vaccine contains lipids (fats), salts, sugars and buffers. It does not contain eggs, gelatin (pork), gluten, latex, preservatives, antibiotics, adjuvants, or aluminum. The vaccines are safe, even if you have food, drug, or environmental allergies. Talk to a health care provider first if your child is allergic to polyethylene glycol (PEG). Serious allergic reactions (anaphylaxis) to the vaccine are rare and can be treated. Get medical help if your child has trouble breathing or develops hives or swelling in their face and throat after being vaccinated.

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## If my child is feeling unwell after the vaccine, when should I call a health care provider?

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If your child has a high fever (over 40°C or 104°F) or side effects that are worrying you or do not seem to be going away after a few days, contact your child's health care provider or seek medical attention. Go to the nearest emergency department or call 911 if they have serious drowsiness, seizures/convulsions, hives, swelling of the face, throat or mouth, trouble breathing or other serious symptoms.

Please seek medical attention if your child develops any of the following symptoms after receiving the vaccine: chest pain, shortness of breath and/or palpitations (pounding or racing heart) or feeling of a rapid or abnormal heart rhythm. These may be symptoms of myocarditis (inflammation of the heart muscle) or pericarditis (inflammation of the sac of the heart), which is a very rare and treatable side effect from the vaccine.



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## If I have questions, who should I ask?

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For questions about the COVID-19 vaccine, please speak with your healthcare provider or book an appointment with a health professional for a FREE vaccine consultation. Learn more at [www.peterboroughpublichealth.ca/consultation](http://www.peterboroughpublichealth.ca/consultation)