COVID-19 VACCINE

Use the conversation starters here with the accompanying infographics for families.

About COVID-19

Common symptoms of COVID-19 in children

- Fever
- Cough

Other symptoms include

- Sore throat
- Rhinorrhea (runny nose)
- Headache
- Fatigue
- Shortness of breath
- Gastrointestinal symptoms, including nausea, vomiting and diarrhea

Complications include

- Croup
- Need for ventilator support
- Multisystem inflammatory syndrome in children (MIS-C)
- Long COVID
- Death

COVID-19 vaccines

- Vaccination reduces the risk of hospitalization and serious illness in babies, children and adults.
- Recommended vaccines for children, including the COVID-19 vaccine, **ensure greater confidence for children to participate in child care and school** and in sports, playdates, extracurricular activities and other group activities with lower risk of illness.
- When children receive this vaccine, they also help protect others in the community.

There are two types of vaccine approved for use in children.

Messenger RNA (mRNA) vaccines—people age 6 months and older

The mRNA in the vaccine teaches our cells how to make copies of the spike protein, which is a part of the virus. Once the spike protein copy is made, two things occur: (1) the cell breaks down the mRNA (instructions) and gets rid of them, and (2) the spike protein copy teaches the immune system to create antibodies and white blood cells that can recognize and respond to the virus. These antibodies protect us the next time we encounter the virus.

Protein Subunit Vaccines—people age 12 years and older

Subunit vaccines include a piece (protein) of the virus that stimulates the immune system. (1) Once the immune system identifies that the protein should not be in the body, it creates antibodies and white blood cells that can recognize and respond to the virus. When you later encounter the virus, the antibodies will recognize and respond to get rid of the virus. (2) These vaccines often include an adjuvant—an ingredient that increases the immune system's response.

COVID-19 vaccine: Doses needed

Dosing for COVID-19 vaccine is dependent on the age of the child, the product used and other medical considerations.

The AAP and CDC recommend children receive all doses of COVID-19 vaccine that are recommended for their age and health condition, including recommended doses of updated COVID-19 vaccine (current formula).The series includes 1–3 doses. COVID-19 vaccines may be given at the same time as other vaccines. For details, see the AAP Pediatric COVID-19 Vaccine Dosing Quick Reference Guide (https://aap.org/COVIDvaccineGuide).

After vaccination

Some children have no side effects after COVID-19 vaccination. When they do experience side effects, they often are mild and temporary. These include

- **6 months–3 years**
  - » Pain on the leg or arm where the shot was given.
  - » Swollen lymph nodes.
  - » Irritability or crying.
  - » Sleepiness.
  - » Loss of appetite.
  - » Fever
- **4–17 years**

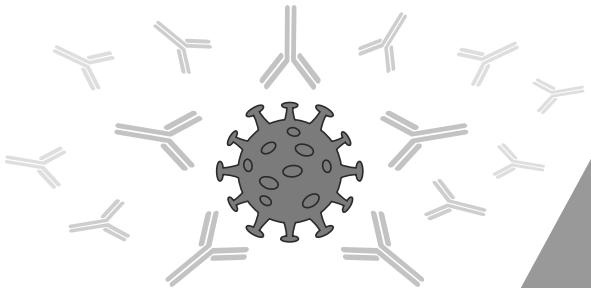
  Side effects are more common **after the second dose** and can include:
  - » Pain, swelling, and redness on the arm where the shot was given.
  - » Tiredness.
  - » Headache.
  - » Muscle or joint pain.
  - » Chills.
  - » Swollen lymph nodes.
  - » Fever
  - » Nausea

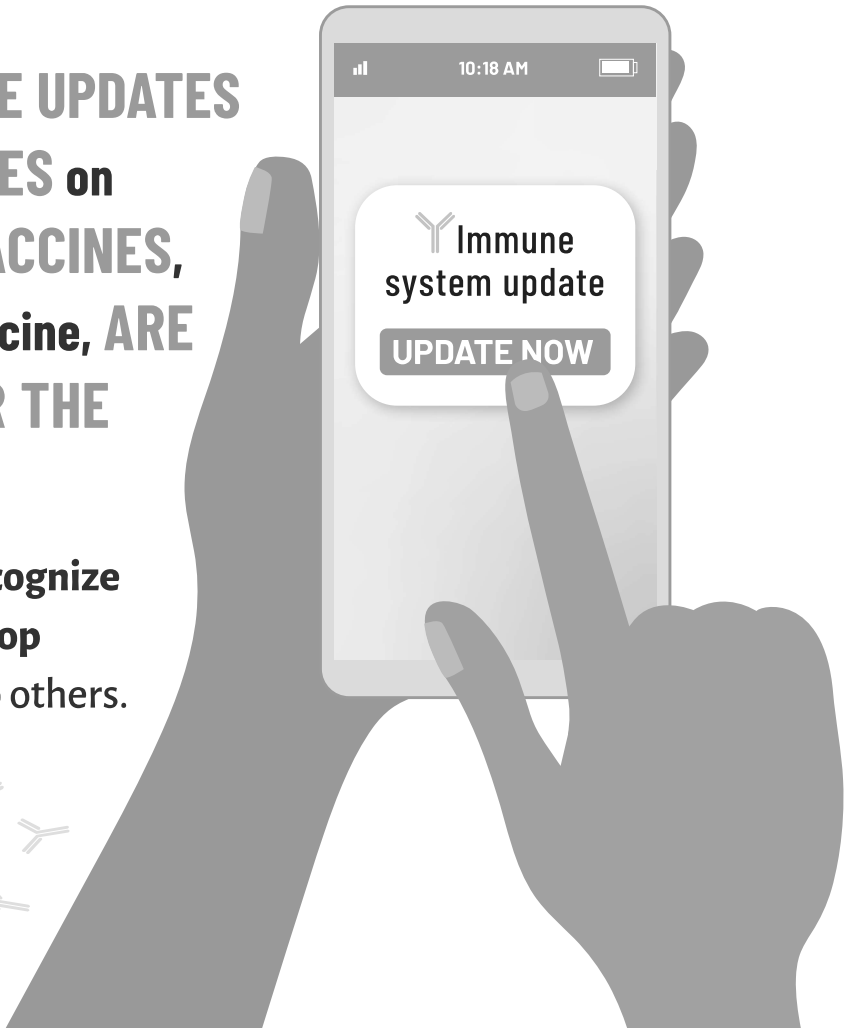
Rarely, cases of myocarditis and pericarditis have been reported in adolescents and young adults after vaccination with mRNA vaccine. The risk of myocarditis is up to 6 times higher after SARS-CoV-2 infection than after the COVID vaccine.

COVID-19 VACCINE

JUST LIKE SOFTWARE UPDATES help you AVOID VIRUSES on your digital devices, VACCINES, including the COVID vaccine, ARE LIKE "UPDATES" FOR THE IMMUNE SYSTEM.

They give us the **tools to recognize and avoid infections** and **stop diseases from spreading** to others.



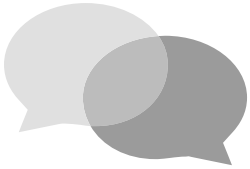


WHEN CHILDREN ARE VACCINATED THEY ARE FREE AND SAFE TO:

Go to school

Play

Visit vulnerable loved ones



Socialize

Participate in activities

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INFLUENZA (FLU) VACCINE

Use the conversation starters here with the accompanying infographics for families.

Why vaccinate against flu?

- Flu can be serious — even children who are considered to have low risk for adverse outcomes can have serious complications that require hospitalization.
- The vaccine provides protection from critical and life-threatening illness from influenza. Even in seasons when the vaccine is not an exact match with the circulating strains of the flu viruses, it prevents serious complications and the need for hospitalization.
- For most people, flu can cause
  - » Fever.
  - » Cough.
  - » Sore throat.
  - » Headache.
  - » Chills.
  - » Muscle aches.
  - » Fatigue.
- Complications include
  - » Inflammation of the heart (myocarditis).
  - » Inflammation of the brain (encephalitis).
  - » Inflammation of the muscles (myositis, rhabdomyolysis).
  - » Multi-organ failure.
  - » Death.
- Flu can be deadly. Each flu season, about 37 to 199 children and teens die from influenza. About 80% were not fully vaccinated.

Flu vaccine

- There are 2 types of seasonal flu vaccines.
  - » Inactivated (killed) vaccine that is given by an injection (shot).
  - » Live attenuated (weakened) vaccine that is sprayed into the nose (nasal spray).
- Everyone 6 months and older should receive a flu vaccine every year. A flu vaccine is needed every year because
  - » Flu viruses change from year to year.
  - » Yearly vaccination helps keep immunity up. Without vaccination, immunity can fade within a year.
- It takes about 2 weeks to be fully protected after getting the flu vaccine.
- It is best to get vaccinated before flu season or as soon as the vaccine is available (in late summer or early fall).
- Flu can circulate from early fall through late spring and sometimes later. Children should still get the vaccine if they missed getting it at the start of the season.
- Flu vaccine can be given at the same time as other vaccines.

After vaccination

- Flu vaccines have been given to hundreds of millions of people for more than 50 years and have a very good safety record.
- Children with egg allergy can receive any influenza vaccine without any additional precautions beyond those recommended for all vaccines.
- Side effects following inactivated flu shot can include
  - » Soreness, redness and swelling where the shot was given.
  - » Fever, muscle aches and headache.
- Side effects following live intranasal flu spray can include
  - » Runny nose or nasal congestion, wheezing and headache.
  - » Vomiting, muscle aches, fever, sore throat and cough.
  - » If these problems occur, they usually begin soon after vaccination and are mild and short-lived.
- Severe side effects are extremely rare.

Flu vaccine does not give people the flu.

- Some people get flu-like symptoms shortly after they get the flu vaccine. There are a few reasons for this.
  - » They may be infected by a virus other than flu. The flu vaccine only prevents illnesses caused by flu viruses.
  - » They may have been infected by a flu virus before the vaccine took effect. It takes about 2 weeks after getting the vaccine for the body to build protection against the flu.
  - » They may be infected by a strain of the flu virus that is different from those in this year's vaccine. When this happens, the flu vaccines can still prevent or reduce severe illness and hospitalization.
- Flu vaccines vary in how well they work, and some vaccinated individuals can still get sick. But the flu vaccine still reduces severity of illness in these situations.

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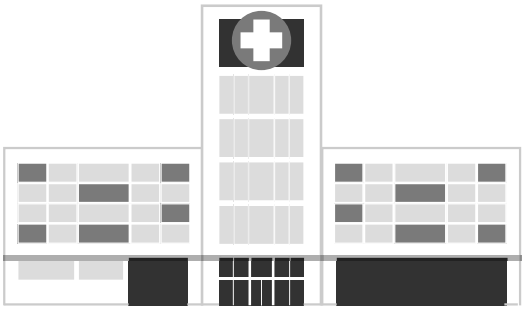
INFLUENZA (FLU) VACCINE

THOUSANDS OF CHILDREN AND TEENAGERS ARE HOSPITALIZED WITH THE FLU EACH YEAR.



THE VACCINE PREVENTS SERIOUS COMPLICATIONS.

CHILDREN UNDER AGE 5 ARE MOST AT RISK OF SERIOUS ILLNESS.

Older children can also get very sick from the flu.

2 doses: children 6 months through 8 years who are getting the flu shot for the FIRST TIME.

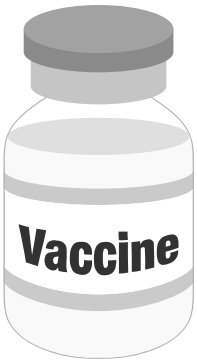
Dose 1 — Dose 2

1 dose each year for most children.

FLU VACCINES CAN'T GIVE YOU THE FLU.

Some people get flu-like symptoms shortly after they get the flu vaccine. There are a few reasons for this:

- They may have another illness, like a cold.
- They may have been exposed to influenza right before, or during the two weeks after vaccination, when the body is still learning how to protect against influenza.
- They caught a strain of flu that's not a part of the vaccine. Being vaccinated will still help prevent hospitalization and reduce severe illness.
- Flu vaccines vary in how well they work and some vaccinated people can still get sick. The flu vaccine still reduces severity of illness.



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