



Give your family the best shot at staying healthy.

Let's end COVID.
TOGETHER.

It's natural to worry about your kids. It's what parents do. Wondering what to believe about the COVID-19 vaccine can add to those worries, especially if you have unanswered questions.

Here are the facts about the COVID-19 vaccine for kids and teens – without the fluff. So you can learn, understand, then decide. Because it's a personal choice only you can make for your family.

COVID-19 VACCINE FOR KIDS AGE 5+



 **LEARN.**

 **UNDERSTAND.**

 **DECIDE.**

LEARN.

UNDERSTAND.

DECIDE.

About the COVID-19 vaccine for kids 5+

Even the CDC says kids usually have milder symptoms, so why get them vaccinated?

It's true that kids are less likely to develop severe illness from COVID. It's also true that kids are now as susceptible to COVID as adults, and because of that and being unvaccinated, more kids are being hospitalized.

Another parental consideration: Kids aren't always the best at keeping their distance and washing their hands, so even if a child has mild or no symptoms, it's easy to spread COVID to others who could get very sick.

I know the shot will hurt, so how do I weigh the pain vs. the gain for my kids?

It may be more painful to watch your kids get vaccinated than the actual pain they'll feel from the shot. The thought of other minor side effects like a sore arm, fever, headache or body aches can also make it harder on parents than the kids themselves.

It might help to look at the bigger picture. For example, any side effects are typically minor and usually go away within 48 hours. Compare that to the possibility of what you and your family might go through if your child gets COVID and has serious health issues.

Is the vaccine the same for younger kids as it is for teens and adults?

The only difference is in the dosage. Kids age 5-11 get 1/3 of the 30-microgram dose that 12+ and adults receive. But it's still given as 2 doses, 3 weeks apart.

I heard the vaccine causes heart problems in a lot of kids; is that true?

This is a good example of how all of the vaccine facts don't always get shared. It's true that some cases of heart inflammation have been reported. But here are some facts that tend to be left out of the conversation, and are critical to making an informed decision:

- Vaccine-related heart damage ("myocarditis") has mainly been noted in adolescent and young adult males – but is extremely rare.
- Kids and adolescents have a much greater risk of suffering from serious heart or other health issues if they get COVID and are not vaccinated.
- If kids or teens develop myocarditis from COVID, it's generally much more severe than symptoms related to the vaccine.



Long-term protection beats possible short-term side effects

COVID variants seem milder, so why bother getting my kids vaccinated now?

Keep in mind that "milder" doesn't necessarily mean "mild." The vaccine provides broader and better protection overall against all of the variants. Consider this:

- The virus can transmit easily between unvaccinated children and adults, giving new variants a chance to emerge.
- Getting vaccinated reduces the virus' chance of creating new variants that could be more dangerous and more contagious.

If I decide to get my kids vaccinated, what is the schedule for vaccinations and boosters?

Ages 5 through 11:

- Receive a first dose of the Pfizer vaccine at any time.
- Receive a second dose three weeks after the first dose.

Ages 12 and older:

- Receive the same dose of the Pfizer vaccine as adults.
- Receive a second dose three weeks after the first dose.
- **Booster:**
 - ➔ Everyone 12 years and older should get a COVID-19 booster shot at least 5 months after completing the primary COVID-19 vaccination series.
 - ➔ Teens 12–17 years old may only get a Pfizer vaccine booster.

Getting your kids vaccinated can help protect them, your family and others, and is an important decision to help end COVID.