



Vaccination against COVID-19 for children age 12 to 17

→ COVID-19

What is COVID-19?

COVID-19 is an infection caused by a virus in the coronavirus family. There are several types of coronavirus. Most cause mild symptoms, but others can cause more severe symptoms, like COVID-19, which is caused by the coronavirus known as SARS-CoV-2.

What are the SYMPTOMS of COVID-19?

In children, the main symptoms can be similar to those of the common cold. Most common symptoms are fever, cough, nausea and vomiting, stomachache, and diarrhea. Other symptoms can also appear like sore throat, headache, muscle aches, severe fatigue, severe loss of appetite, sudden loss of smell without nasal congestion, and difficulty breathing.

How is COVID-19 SPREAD?

COVID-19 is spread from person to person through contact with droplets released into the air when an infected person talks, coughs, or sneezes. An asymptomatic person can spread COVID-19 without realizing it. It can also be spread via contaminated surfaces and objects, although that's not the main mode of transmission.

If your child is under 14 years of age, it is very important that you complete the consent form on the last page of this leaflet and return it to the school as soon as possible, whether you choose to have your child vaccinated or not.

If your child is age 14 or older, they can provide their own consent for vaccination.

- > Pfizer's messenger RNA (mRNA) COVID-19 vaccine is recommended for children age 12 and over.
- > The primary goal of the vaccine is to protect against COVID-19 and related complications.
- > Your child should wear a short-sleeved shirt on vaccination day.

What are the POSSIBLE COMPLICATIONS of COVID-19?

Possible complications of COVID-19 include:

- Pneumonia and other respiratory issues
- Heart problems
- Neurological problems
- Death

In addition to these complications, some people also experience COVID-19 symptoms such as loss of smell or fatigue lasting several months.

What's the best way to PROTECT against COVID-19?

Vaccination is the best protection against COVID-19, especially when combined with other measures such as social distancing, wearing a mask or face covering, and hand washing.


What are the **POSSIBLE REACTIONS** to the vaccine?

The majority of children will experience:

- pain at the injection site (90%),
- headache (76%),
- fatigue (78%).

Many children may also feel:

- chills (49%),
- fever (24%),
- muscle aches (42%),
- joint pain (20%).



Most of these reactions last one to two days. They are more common after the second dose.

Often, redness or swelling at the injection site is observed (9%).

Rarely, nausea or swelling of the armpit lymph nodes may occur (less than 1%).

In a minority of young people, reactions to the vaccine may prevent them from carrying out daily activities for one or two days, most commonly after the second dose.

About 1 in 50,000 people may have a severe allergic reaction after receiving the mRNA COVID-19 vaccine.

The frequency of this reaction is higher than what is usually expected after a vaccine, but still very rare. This type of allergic

reaction usually occurs within minutes. Staff onsite are trained on how to stop it right away.

What should I do **IF THEY HAVE A REACTION** to the vaccine?

Apply a cold wet compress to the injection site to reduce pain, swelling, redness, or itching. To reduce fever or discomfort, administer acetaminophen (like Tylenol) or ibuprofen (like Advil).

For more severe symptoms, call Info-Santé 811 or consult a physician.

You may receive an email from enquete-vaccinocovid@canvas-covid.ca or infovaccination-fmss@canvas-covid.ca asking you to participate in a survey for active monitoring of adverse events following COVID-19 vaccination. Please visit Quebec.ca for more information. No personal information will be requested in the survey. Individuals who disclose an adverse event will be contacted again. At that point, personal information may be requested, such as the date of birth or the health insurance number of the person vaccinated.