

Protecting Your Child: COVID-19

WHAT EVERY PARENT SHOULD KNOW



Even healthy children can become very sick or develop long-term symptoms.



The Vaccine

- Introduced in 2020 and have been updated since to better match the circulating virus strains.

How it works:

- Teaches the immune system how to recognize COVID-19 so the body can respond faster and prevent severe illness.

Dosage:

- Schedule depends on age, health conditions, and previous doses
- Most people are recommended to receive at least one updated dose each year.
- Mild side effects: soreness or redness at the injection site, tiredness, headache, fever or chills.



COVID-19 vaccines help protect children, families, and communities.

What is COVID-19?



COVID-19 is a respiratory virus caused by a virus. It spreads easily through the air when people cough, sneeze, talk, or breath close to others.

COVID-19 can cause mild symptoms like cough or fever, but it can also lead to serious illness such as pneumonia, hospitalization, long-lasting symptoms (Long COVID), or death.

Who's most vulnerable? Infants, young children, older adults, pregnant people, people with chronic medical conditions or weakened immune systems.

Is the Vaccine Safe? Yes.

- **Proven safe in large studies**
 - Carefully studied before approval
 - Millions of children and adults have been vaccinated
- **Rare side effects**
 - Rare cases of myocarditis or pericarditis have occurred, mostly in teen and young adult males after mRNA vaccines
 - Most people fully recover with medical care
- **Ongoing safety monitoring**
 - **Continuously monitored** through national safety systems
 - Safety updates are made quickly if concerns arise.

Support & Guidance

Talk to your pediatrician or family doctor. They can help determine the right vaccine schedule for your child.

Trusted Resources: [AAP HealthyChildren.org](https://www.aap.org/healthychildren)

Alternatives?

- There is **no safe alternative** to that provides the same protection as vaccination.
- Getting COVID-19 can lead to severe illness or long-term health problems.
- Vaccination remains the best way to reduce serious outcomes.

Asking questions means you care. Let's keep working together to keep your child healthy, safe, and strong.