

# What should I know about COVID-19 and COVID-19 vaccines for my kids?



Catching COVID-19 can be **dangerous** for your children.



COVID-19 vaccines are **safe for kids 12 and up.**



The COVID-19 vaccine **protects your children** from getting very sick from COVID-19.



Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

# COVID-19 Vaccine Answers for



# Parents of Children 12 and Older

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Does my child need a COVID-19 vaccine? Why?

**YES!**

COVID-19 vaccines help protect kids 12 and older from getting COVID-19. A COVID-19 vaccine also helps keep them from getting very sick if they do happen to catch the virus.

What COVID-19 vaccine can my child get?

If your child is over the age of 12, then they can only get the **Pfizer vaccine** as of right now.

Your child will need to get a second shot of the Pfizer vaccine 3 weeks after their first shot. This second shot will ensure that they build their defense against COVID-19.

How does a COVID-19 vaccine affect my child's normal vaccine schedule?

**It doesn't.** You can get a COVID-19 vaccine and other vaccines at the same visit.

Past work with other vaccines has shown that our bodies build protection the same way when we get vaccinated with one vaccine as it does when we get more than one vaccine at a time. Your child doesn't have to get multiple shots in one visit though. Talk to your child's doctor if you have questions about their vaccine schedule.



## Is the Pfizer vaccine safe for my child?

**Yes.** COVID-19 vaccines provide a safe and strong defense against COVID-19. COVID-19 vaccines have gone through the most in-depth safety review in U.S. history, which includes studies in teens and pre-teens.



Your child can't get COVID-19 from any COVID-19 vaccine.



The vaccine has not been shown to make it harder for anyone, even teens and pre-teens, to have children in the future.

## Rare cases of heart inflammation

In very rare cases, inflammation might occur in or around the heart after getting a COVID-19 mRNA vaccine. This "myocarditis" or "pericarditis" has been most common in males between the ages of 12 and 17 after they receive their second dose of the vaccine.

This might sound scary. Any threat of heart problems can make us concerned. There are a few important things to know about these cases though.

- 1. These cases are very rare.** Only about 1 person in every 200,000 people who get a Pfizer or Moderna vaccine experience this inflammation.
- 2. Most cases are minor.** Despite the media buzz, this heart inflammation is usually mild. Doctors can treat it with anti-inflammatory medications (like ibuprofen) or a prescription. Myocarditis, in many cases, can even get better on its own.
- 3. Kids usually recover quickly.** Most patients with myocarditis or pericarditis respond well to treatment and rest. Patients can often return to their normal daily activities after their symptoms improve.

## Catching COVID-19 can be dangerous for your child if they haven't gotten a COVID-19 vaccine.

Being young and healthy doesn't make your child immune to COVID-19. Young people who catch the virus can still get very sick or even die from the disease.

— More than —

**97%** of people who **go to the hospital** for COVID-19 have **NOT taken a vaccine.**

**99%** of people who **die from COVID-19** are **NOT vaccinated.**

The benefits of COVID-19 vaccines outweigh the known and possible risks, including the risk of myocarditis and pericarditis.

**You can protect yourself, your loved ones, and your family by getting a COVID-19 vaccine.**



Plan to get your COVID-19 vaccine at [www.vaccines.gov](http://www.vaccines.gov).

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