

# ALL YOU NEED TO KNOW ABOUT COVID-19 VACCINE AND CHILDREN



## Why should my child receive the COVID-19 vaccine?

COVID-19 vaccination can help protect your child from getting COVID-19. Although fewer children have been sick compared to adults, children can be infected with the virus, and spread the virus to others. Getting your child vaccinated helps to protect your child and your family.

COVID-19 vaccines have been under intensive safety monitoring in U.S. history, which includes studies in children 12 years and older. Your child cannot get COVID-19 from any COVID-19 vaccine. Like adults, children may have some side effects after the vaccination. These side effects may affect their ability to do daily activities, but they should go away after a few days.

## What are the possible side effects of the vaccine?

Some possible side effects from the vaccine for your child are some pain and soreness where the shot was given. Throughout their body, they may feel fatigue, have headaches, chills, muscle pain, and possibly a fever. These side effects do not last more than a few days.

## What is the Delta variant?

The COVID-19 Delta variant is a form of the virus that is more contagious and causing the most COVID-19 cases in the U.S. Delta can be found in unvaccinated and vaccinated people, however, unvaccinated people can spread it to other people more severely than vaccinated people. To prevent more spread and to protect your child, vaccination for COVID-19 is recommended.

## Does going back to school increase my child's risk of catching or transmitting the coronavirus?

The Delta variant of COVID-19 is a concern among those who have not been vaccinated. This includes children. The CDC has updated its recommendations for COVID-19 prevention in K-12 schools and recommends universal indoor masking and physical distancing by all students (age 2 and older), staff, teachers, and visitors to schools regardless of their vaccination status. Having your child vaccinated as soon as he or she is eligible will help prevent infections and spread of COVID-19.

## How is the mRNA vaccine different from other vaccines?

The COVID-19 vaccine does not use a piece of the virus but a small molecule called RNA which is a blueprint to a protein that the COVID-19 virus has. Then the immune system memorizes the protein so when a person is infected with COVID-19, they have antibodies ready to fight off infection.

## Sources

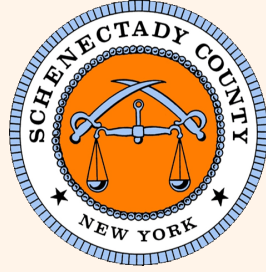
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

<https://www.cdc.gov/coronavirus/2019ncov/vaccines/recommendations/adolescents.html>

<https://kidshealth.org/en/parents/covid-delta-variant.html>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid19-vaccine-what-parents-need-to-know>

<https://www.mskcc.org/coronavirus/what-s-different-about-messenger-rna-vaccines-covid-19>



# ALL YOU NEED TO KNOW ABOUT COVID-19 VACCINE AND CHILDREN



## What are the benefits of getting vaccinated?

COVID-19 vaccines are safe and effective.

It was developed using technology that has been around for decades and went through stages of clinical trials and testing to ensure their effectiveness and safety. The vaccine reduces the risk of contracting COVID-19, being hospitalized or death. The vaccine helps build better protection against the disease than being infected with COVID-19. Once fully vaccinated, your child can resume many of activities they did before the pandemic.

## What is MIS-C?

Although children who contract COVID-19 have milder symptoms than adults, there have been severe cases. Recently, we have been seeing cases of Multisystem Inflammatory Syndrome in children (MIS-C) who contract COVID-19. This is a condition where different parts of the body like heart, lungs, kidney, brain, skin, eyes and gastrointestinal tract are affected. Symptoms include an ongoing fever, stomach pain, diarrhea, bloodshot eyes, dizziness, skin rash, vomiting or more. We are still uncertain why we see MIS-C in some children versus mild symptoms in other children. The best way to protect your child would be through COVID-19 vaccination.

## Will getting the COVID-19 vaccine help my child go back to school, sports and other activities?

Yes, vaccines, along with mask-wearing, physical distancing and other precautions will help ensure your child's safe return to school, sports and other group activities in the future.

## Does the COVID-19 vaccine cause cardiac issues?

After vaccination, there have been instances of heart inflammation among adolescents. More cases were seen in males than females and after receiving the second dose. Nearly all cases were mild and recovered with minimal treatment. Getting myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the membrane around the heart) after vaccination is **extremely rare**. Children may develop these conditions from other causes and not just infection. The benefits of COVID-19 vaccination and temporary side effects outweigh the severer symptoms of coronavirus disease your child may develop.

If you have any questions, please feel free to call  
Schenectady County Public Health Services  
518-386-2824, option #4

## Sources

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>  
<https://www.cdc.gov/mis/mis-c.html>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid19-vaccine-what-parents-need-to-know>  
<https://www.nationwidechildrens.org/family-resources-education/700childrens/2021/07/covid-19-vaccine-and-heart-inflammation-risk>  
<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/comirnaty-and-pfizer-biontech-covid-19-vaccine>