



## Child and Youth COVID-19 Vaccine Fact Sheet

Here are 10 things to know about the COVID-19 vaccination for children and youth aged 5 years and older.

**1. Vaccination for children and youth 5 years and up is safe and effective.**

Vaccines are safe, effective and the best way to be protected from COVID-19. Health Canada has authorized the Pfizer-BioNTech Comirnaty® vaccine for youth ages 5 years and older and has determined it is safe in youth with no serious side effects. In clinical trials, the Pfizer-BioNTech Comirnaty® vaccine has been demonstrated to be highly effective at protecting against COVID-19 for individuals 5 years and over. Youth can often have very good immune response following vaccination, resulting in strong protection.

**2. Pfizer BioNTech Comirnaty® Vaccine for children and adults**

The amount of the active ingredient (mRNA) is different for those age 5-11 years of age.

12 years of age and up- 30 mcg (.3 mL/dose)  
5 to 11 years- 10mcg (.2 mL/dose)

**3. Children, like adults, may experience temporary side effects.**

The side effects after receiving a vaccination are different for every person, and most are mild and easily tolerated. Your child might notice tenderness or pain

where the vaccine was given in the upper arm. They could also feel fatigue, headache, achy muscles or joints, and fever and chills. These side effects generally clear up within 1 to 3 days. They are also a positive sign that the vaccine is beginning to work.

**4. Vaccines are important for children and youth because they can get infected with COVID-19 and spread it to others, even if they don't have symptoms.**

Children who get COVID-19 typically experience mild symptoms – however, others can get very sick, require hospitalization and experience more serious and longer-lasting symptoms. In very rare cases, the virus can also cause death in children. Children can also spread the disease to others who may be at higher risk of illness.

**5. The vaccine is very safe for most people, including anyone who has a medical condition.**

Individuals taking medications that weakens their immune system or those with allergies to any of the vaccine ingredients should consult with their health care provider. COVID-19 vaccines do not contain eggs, gelatin (pork), gluten, latex, preservatives, antibiotics or aluminum. People who have medical conditions are often at higher risk of becoming more ill if they are infected with COVID so we strongly encourage these individuals to be vaccinated as soon as possible. As with adults, allergic reactions to the vaccine are rare. Symptoms include hives, swelling of the face, tongue or throat, or difficulty

breathing. Once vaccinated, individuals are required to stay at the clinic for 15 to 30 minutes after the vaccination to monitor and treat an allergic reaction if one occurs. Health Canada has not yet approved COVID-19 vaccines for children under 5 years old.

**6. Getting a complete series of vaccine is important to protect against COVID-19.**

Two doses of vaccine are required to be fully vaccinated. It is recommended to wait 8 weeks between the first and second dose of Pfizer BioNtech Comirnaty® vaccine.

**7. You can't get COVID-19 from the vaccine.**

The Pfizer-BioNtech Comirnaty® COVID-19 vaccine tells your body how to make a harmless protein found on the COVID-19 virus and start building antibodies against it, so that your immune system will know how to recognize and fight the real virus if you come in contact with it.

**8. If your child already had COVID-19, they can still get the vaccine.**

Although a prior COVID-19 infection may provide some protection from getting sick again, we do not know how long that protection will last, and it may not protect against new variants. If you are recovering from COVID-19, you should delay getting the vaccine until most of your symptoms are gone and you are no longer in self-isolation.

**9. Vaccines are provided with informed consent.**

COVID-19 vaccines are only provided if informed consent is received from the

individual, and as long as they have the capability to make this decision. This means understanding the treatment, why it is being recommended, and the risks and benefits if they accept or refuse to be vaccinated. If the individual is incapable of consenting to receiving the vaccine, they would need consent from their substitute decision-maker, such as their parent or legal guardian. Parents and guardians are encouraged to discuss vaccination with their children prior to attending a clinic. COVID-19 vaccination is voluntary for anyone eligible in PEI.

**10. Getting a COVID-19 vaccine will help your child resume the activities they enjoy and that support their mental health and wellbeing.**

Vaccination is an important tool to help stop the spread of COVID-19 and allow students and families to safely resume normal activities. When enough people are protected from COVID-19, the risk of infection for your child will begin to decline. Vaccines, along with mask-wearing, physical distancing and other precautions, will help protect the health of the broader community.

For more information and resources about COVID-19 and vaccines:

- COVID-19 Vaccine Information Sheet
- Getting the Vaccine  
<https://www.princeedwardisland.ca/en/information/health-and-wellness/getting-the-covid-19-vaccine>