

# COVID-19 Vaccines For Children: Facts for Parents and Guardians



Washtenaw County  
Health Department  
*healthy together*



The Pfizer vaccine is authorized for ages 5 and up. The Pfizer vaccine is an mRNA vaccine. It is a 2-dose series with 3 weeks between each dose.

- For kids age 5-11: each dose is 10µg (one-third of the adolescent/adult vaccine).
- For kids age 12-17: each dose is 30µg (same as the adult vaccine).
- There are no COVID-19 vaccines currently authorized for kids under 5 years old.

## The vaccine is effective.

- Clinical trials showed 90-100% efficacy.
- Vaccines work against Delta and other variants.

## Mild-to-moderate side effects are normal.

- The most common side effects are fever, fatigue, headaches, chills, diarrhea, and muscle and joint pain. These usually only last a day or two.
- Rare side effects include swollen lymph nodes and skin sensitivity.

## It's important for kids to get vaccinated.

**Kids who get COVID-19 may have no symptoms or they may get very sick.**

- In 23 states, 24,073 pediatric COVID-19 hospitalizations have been reported.
  - 30% of hospitalized kids with COVID-19 had no underlying conditions.
  - Hospitalization rates for COVID-19 are higher than for the flu.
- Over 600 pediatric deaths have been reported. Although this seems low compared to adults, COVID-19 is now a top 10 cause of death for kids in the United States.

**COVID spreads more easily in unvaccinated communities. Vaccinating kids will help slow spread.**

## Long-term side effects from the vaccines are highly unlikely.

**Based on our knowledge of mRNA and the human body, we do not expect long-term side effects from the vaccines:**

- Vaccine ingredients leave the body very quickly. mRNA is very fragile and degrades within 72 hours. Ingredients do not linger in the body.
- mRNA vaccines are not made of actual virus, so vaccines can't give you COVID-19.
- There is no evidence that the vaccine can impact fertility.
- Myocarditis (heart inflammation) has been linked to mRNA vaccines, but it is rare.
  - Children and adults are much more likely to get myocarditis from the COVID-19 virus than they are from the COVID-19 vaccine.
  - It is more common for young males and more common for the 2nd dose.

**We do know that getting COVID-19 can lead to serious long-term health problems for kids.**

## Kids who already had COVID-19 should still get vaccinated.

- Some people can get good protection from "natural" immunity. But, protection can start to go away over time.
- **Getting a vaccine after recovering from COVID provides extra, more reliable protection.**
- The vaccine protects against variants (like Delta) better than "natural" immunity.

## Bonus facts...

- Health care providers and experts support COVID-19 vaccines.
- **Fully vaccinated kids will not need to quarantine if they get exposed (unless they have COVID-19 symptoms).**
- It is impossible for mRNA vaccines to change DNA.

**Find a vaccine clinic near you! Visit <http://bit.ly/vaxwchd> or call 734-544-6700.**