

A GUIDE FOR  
parents & guardians



# PFIZER-BioNTech COVID-19 VACCINE

WHAT YOU NEED TO KNOW ABOUT VACCINATING YOUR YOUTH (12 - 17 YEARS OLD)



## COVID-19 VACCINATION IS A LAYER OF PROTECTION FOR OUR CHILDREN, GRANDCHILDREN AND COMMUNITY

- ✔ COVID-19 vaccines **help people from getting very sick**, and from spreading the virus to others.
- ✔ **Young people may suffer long-term complications** after getting COVID-19, so they must also be protected.
- ✔ **Vaccinating youth will also help slow down the spread** of COVID-19.
- ✔ People who are **fully vaccinated with 2 doses are able to participate in group activities**, gatherings, and school more safely; in addition to following physical distancing, wearing masks and handwashing.



## THE PFIZER-BioNTech COVID-19 VACCINE IS SAFE FOR PEOPLE 12-YEARS-OLD AND UP

- ✔ **Health Canada has high standards** for vaccine safety and **approved the Pfizer-BioNTech vaccine** for people 12-years-old and up on May 5, 2021.
- ✔ **Clinical trials have included hundreds of thousands of people**, including thousands of youth.
- ✔ The **only reason a youth may not be able to receive the vaccine is if they are highly allergic** to an ingredient in the vaccine, like polyethyleneglycol. This is rare and will be asked in the consent form.



## YOUTH WILL NEED 2 DOSES

- ✔ The Pfizer-BioNTech vaccine is a **mRNA vaccine that helps your body learn how to fight** the COVID-19 virus and its variants.
- ✔ The **first dose causes an immune response to the virus** so your body can better recognize and fight it in the future - like target practice.
- ✔ The second dose provides **longer-lasting protection, including against variants of concern**.





**YOUR YOUTH MAY FEEL SOME MILD TO MODERATE SIDE EFFECTS, BUT THEY CLEAR UP FAST**

- ✔ The Pfizer vaccine is given as an **injection in the upper arm**. The needle is **small and may feel like a mosquito bite**.
- ✔ After being vaccinated, **it is common to feel:**
  - Pain, swelling, or redness at the injection site
  - Tenderness or swelling in the armpit
  - Tiredness
  - Chills
  - Headache
  - Fever
  - Muscle or joint pain
  - Nausea or vomiting
- ✔ **Side effects may last a couple of hours to a couple of days.** Side effects may be more common after the second dose. **Rest and Tylenol can help.**



**TALK TO YOUR YOUTH ABOUT GETTING VACCINATED**

- ✔ **Listen** to their questions and worries.
- ✔ **Be calm, honest**, and let them know what to expect.
- ✔ **No vaccine is mandatory** in Canada, but COVID-19 vaccines **will help keep children, families, and communities safe**.
- ✔ Everybody will need to **continue following Public Health's community guidelines**, even after being vaccinated.

For reliable information, visit:

→ [COVID-19 Frequently asked questions | CBHSSJB](#)


→ [Coronavirus disease \(COVID-19\) in Québec | Gouvernement du Québec](#)

→ [Pfizer-BioNTech COVID-19 vaccine: What you should know / Canada.ca](#)



**THERE ARE EASY OPTIONS IN YOUR COMMUNITY TO VACCINATE YOUR YOUTH**

- ✔ Youth vaccination can happen **at school, in community clinics, or other sites**.
- ✔ Youth must be **at least 12 years old** to get vaccinated.
- ✔ Youth **12 or 13 years old** need parental/guardian consent.
- ✔ Youth **14 and older** can give their own consent.



**IT'S THEIR TURN!**

Learn more about youth vaccination:

