



## MEMO: Youth Vaccination and Common Side Effects from the Pfizer Vaccine

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August 17, 2021

These are general guidelines about common side effects from the Pfizer-BioNTech Covid-19 vaccine. **These guidelines are to inform parents and guardians during the Youth Vaccination campaign in Eeyou Istchee.**

**Common side effects of Covid-19 vaccination can overlap with some Covid-19 symptoms.**

**If your child has the following symptoms within 48 hours of their Covid-19 vaccination:**

- fatigue
  - muscle pain
  - headache
  - subjective chills (shivering, shaking)
  - feeling feverish
  - measured fever (temperature of 38.1C or higher)
- Public Health recommends that you consider these symptoms to be side effects of vaccination.
- Public Health does not recommend excluding the student from school, nor testing or isolating them.

- Most youth will only experience mild to moderate side effects, if any at all, after receiving the Covid-19 vaccine. Sore arm is the most common.
- Some youth who do experience moderate side effects such as a headache or muscle aches may feel they are not well enough to continue their day in school.
- Even though they don't need to be tested, they may need to go home for the day to rest. Some may even need to take the following day off school.

Very uncommonly, some people will have more severe side effects in the 7 days after their vaccine. If youth develop more severe symptoms such as chest pain or palpitations, they should see a doctor as soon as possible. There have been rare reports of myocarditis and pericarditis (less than 1 person in 10,000) which mainly occurred within 7 days after the 2<sup>nd</sup> dose. When it happens, the person most often has mild symptoms and recovers quickly.



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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES  
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY



**If your child has the following Covid-19 compatible symptoms within 48 hours of their vaccination:**

- Cough
  - Shortness of breath
  - Sudden loss of smell without nasal congestion, with or without loss of taste
  - Sore Throat
- They should follow the usual guidelines about staying home, isolating and getting tested, as described in the students' daily health check questionnaire.

**If a child has any Covid-19 compatible symptoms MORE than 48 hours after their vaccination:**

- They should follow the usual guidelines described in the students' daily health check questionnaire.

Please refer to the Pfizer Vaccine Safety Handout for more information about common side effects after vaccination.