COVID-19 VACCINE FOR CHILDREN: After you get the Pfizer or Moderna vaccine

Common vaccine side effects

- Your child may have side effects after getting the vaccine. This may limit some of their daily activities, but they should go away in a few days.
- Common side effects include pain, swelling and redness in the arm or thigh where the vaccine was given, muscle or joint pain, swollen lymph nodes, fever, chills, headache, irritability or crying, feeling tired, sleepiness, and loss of appetite.
- It is important to get all recommended doses even if they get side effects, unless a vaccine provider or doctor says not to.
- Side effects are a normal sign that the body is building immunity. Not everyone will get them.

Tips to help with side effects

- If your child has pain or discomfort where the vaccine was given, apply a clean, cool, wet washcloth to the area. It may also help to exercise the limb where shot is given.
- Over-the-counter medicines like Tylenol® (acetaminophen) or Motrin® or Advil® (ibuprofen) can help with pain, fever, headache, or discomfort.

When to call your child's doctor

Contact your child's doctor if :

- Any redness or tenderness where the vaccine was given gets worse after 1-2 days
- Side effects are worrying or do not seem to be going away after a few days

Rare, serious side effects

Allergic Reactions

As with any medicine, it is rare but possible to have a serious reaction, such as finding it hard to breathe or wheezing, a rash or hives, or swollen throat or tongue. It is very unlikely that this will happen. If it does, seek immediate medical care by calling 911.

Myocarditis & Pericarditis

Myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining outside the heart) have occurred in some people who have received the vaccine. Most of the cases were in males ages 12 through 39. The chance of this happening is very low. For teens age 12+ getting the second vaccine dose later (at 8 weeks) lowers the risk of these rare heart problems.

Seek medical help right away if your child has any of the following symptoms:

- Chest pain
- Shortness of breath
- Feelings of having a fast beating, fluttering, or pounding heart. In most of these people, symptoms began within several days after getting the second dose of vaccine.

Sign up for v-safe, the CDC health checker

If you have a smart phone, please sign your child up at vsafe.cdc.gov to tell CDC about any side effects. You can sign up more than one person on a single phone.

Want to learn more?

For more information, visit the "Vaccine Side Effects" web page or scan the QR code.
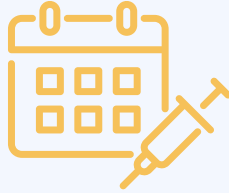
Keep your child's white vaccine card safe!

It is their official vaccination record. Take a photo or make a copy.

You can get a digital vaccine record for your child(ren) at myvaccinerecord.cdph.ca.gov

Your child's next dose is due on or after:

___ /___ /_____

For the best protection against COVID-19, your child should get all the recommended vaccine doses, including booster(s).

Which vaccine to get and when to get each dose depends on your child's age, their health status, and the type of vaccine they first received. **For more details, visit** ph.lacounty.gov/covidvaccineschedules.

Where to get your child's next dose

Visit ph.lacounty.gov/howtogetvaccinated or call the Public Health Call Center at **1-833-540-0473** to find a vaccination location near you. The call center is open daily from 8:00am to 8:30pm.

Information is also available in multiple languages 24/7 by calling 2-1-1. Free transportation and in-home vaccination are also available for those with limited mobility.

Information for children with weakened immune systems

If your child has a moderately or severely weakened immune system (such as a blood related cancer or on certain treatments for cancer, organ transplant, or certain autoimmune conditions), vaccination may not be as effective. The CDC recommends that they get extra doses of vaccine. Talk with your child's doctor about the best timing of doses based on their risks and treatment plan.

If aged 12 or older, your child may also benefit from a medicine called Evusheld to help prevent them from getting COVID-19. Visit ph.lacounty.gov/covidmedicines and ask your child's doctor about these options.

Medicine to treat COVID-19

If your child gets COVID-19 and is at higher risk of getting very sick, there are medicines they can take that *treat* COVID-19 to help keep them out of the hospital. Get your child tested right away if they have symptoms, even if they are mild. If positive and they are at higher risk, ask for treatment right away.

Don't delay! Treatment should start as soon as possible. ph.lacounty.gov/covidmedicines

Mental Health Resources

If you or someone you know is having a hard time coping with COVID-19, help is available 24/7 through the Los Angeles County Department of Mental Health's Help Line. Call 1-800-854-7771 or text "LA" to 741741. More resources and tools can be found at http://dmh.lacounty. gov/resources.

Take steps to protect against COVID-19 and prevent spread

VACCINES prevent severe illness

MASKING prevents virus spread

TESTING lets you know if you're infected and need to isolate

MEDICINES help prevent severe illness if you're infected

COUNTY OF LOS ANGELES
Public Health