

# Just the facts on the COVID-19 vaccine for children and youth

## Information on the Pfizer-BioNTech COVID-19 vaccine

### How safe are the vaccines for COVID-19?

The COVID-19 vaccines have been approved by Health Canada for use in children 5 years and older. Vaccines approved by Health Canada go through an in-depth and independent review. That means these vaccines have met strict standards and are both safe and effective.

### How effective are the vaccines?

Each of the approved vaccines are very effective against COVID-19. The COVID-19 vaccine provides strong protection against the virus and variants of concern.

### How do the vaccines work?

The vaccine will train your child's body to recognize the virus that causes COVID-19. Your child's body will then be better able to fight the virus in the future if they are exposed to it.

### Why should my child(ren) get the COVID-19 vaccine?

The vaccine will prevent your child from getting sick from COVID-19, or if they do get infected, they will have milder symptoms.

The vaccine reduces the risk of spreading COVID-19 to other people including family members. This will slow community spread of COVID-19.

The vaccine will help support a safer return to social activities such as playing with friends, sports, and other recreational activities.

### Why is it important to prevent COVID-19?

For some people who get infected, symptoms of COVID-19 can last for months (leaving long term effects).

The virus can damage the heart, brain, lungs and increase the risk of long-term health problems.

Even people who are young and healthy can feel unwell for weeks to months after the COVID-19 infection.

COVID-19 can be a serious illness and even cause death.

## **Should I be worried about myocarditis and pericarditis?**

In the clinical trial of this age group, there were no reports of myocarditis or pericarditis three months after receiving the second dose of the pediatric Pfizer-BioNTech Comirnaty vaccine. Cases of myocarditis and pericarditis have been typically reported in males 18 to 39 after their second dose of the Moderna Spikevax vaccine.

## **Where can I get more information?**

Visit our website at [phsd.ca](http://phsd.ca) for more on the COVID-19 vaccine. Or call us at 705.522.9200 (toll-free 1.866.522.9200). You can also ask your health care provider or a community health worker.