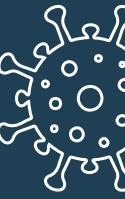




# Children, Adolescents and COVID-19 Vaccines



**Everyone ages 5 years and older should be vaccinated against COVID-19.** Youth ages 5 through 17 can only receive an age appropriate Pfizer vaccine.

**Youth ages 12 years and older should receive a Pfizer booster dose at least five months (three months for persons who are moderately or severely immunocompromised) after completing their primary series.**

## Preparing to get the vaccine:



For help finding a vaccination site, visit [Michigan.gov/COVIDVaccine](https://Michigan.gov/COVIDVaccine) or call 2-1-1.



Minors, 5 through 17 years of age, need parental consent to be vaccinated.



Wear a mask to the clinic.



Wear clothing that makes it easy to access the upper arm.



Be sure to eat and drink water before the appointment.



To ensure the vaccine can be administered safely, a health care professional will ask for health history.

- For example, they may ask about a history of allergic reactions.



Feeling nervous when receiving a vaccine is okay. Here are some tips to help calm fears:

- Distract yourself by playing a game, reading a book or listening to music.
- Take slow deep breaths and relax your arm.
- Focus on an object in the room and concentrate on the details of it.
- Look at a poster in the room and rearrange the letters to create as many words as possible.

## What to expect after getting a vaccine

- After the vaccine is complete, you will be asked to wait at the site for 15 to 30 minutes to make sure there is no reaction.
- Getting a COVID-19 vaccine is similar to other immunizations. Everyone's immune system is different. Some people may have side effects and others may not.

- The most common side effects are pain, redness or swelling at the injection site, tiredness, low-grade fever, or muscle aches for a day or two after getting the vaccine.
- Side effects tend to be more common after the second dose.
- It takes two weeks after the last dose of COVID-19 vaccine to build the best immune response.
- Booster doses are recommended for most people to be up to date on COVID-19 vaccine. Check to see if it's time for another dose: [Michigan.gov/COVIDVaccineUpToDateTool](https://Michigan.gov/COVIDVaccineUpToDateTool)
- Keep your COVID-19 vaccination card as proof of your vaccination. Take a picture with your cell phone to keep a history of your card.

Learn more: [Getting Your COVID-19 Vaccine](#)

## Requesting a copy of vaccine records

### **Need to request a copy of your child or dependent's State of Michigan Immunization Record?**

Official State of Michigan Immunization Records can be obtained for yourself or your child through the patient's doctor or the Local Health Department. Immunization records for adults may be requested by visiting [mcir.org/public](https://mcir.org/public).

## Related resources

[Michigan.gov/kidsCOVIDvaccine](https://Michigan.gov/kidsCOVIDvaccine)

COVID-19 Vaccines for Children & Teens (CDC): [bit.ly/COVIDChildrenTeens](https://bit.ly/COVIDChildrenTeens)

Age Groups and Vaccines: Teens/College, [bit.ly/CHOPteensVaccines](https://bit.ly/CHOPteensVaccines)

Questions and Answers about COVID-19 vaccines, [bit.ly/CHOPCOVID](https://bit.ly/CHOPCOVID)

"The Coronavirus Pandemic – Answering Your Questions" series, can be accessed at [vaccinemakers.org/news-events/coronavirus-pandemic-answering-your-questions](https://vaccinemakers.org/news-events/coronavirus-pandemic-answering-your-questions)

Don't Wait. Vaccinate. [unity4teenvax.org/dontwaitvaccinatetoolkit](https://unity4teenvax.org/dontwaitvaccinatetoolkit)

