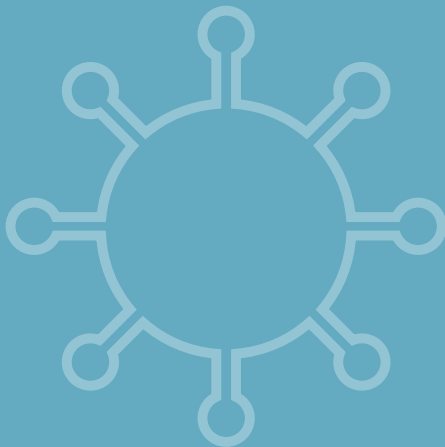


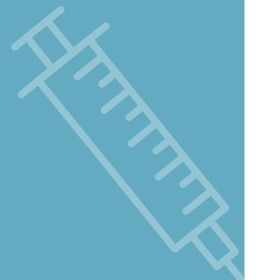
# Protect your family: COVID-19 vaccines for kids



Vaccines are the best way to **prevent** serious illness, such as COVID-19 in people of all ages, including children.



The COVID-19 vaccine lowers your child's odds of catching the virus. It also helps stop the spread of the virus to others, including those you love most. Like the flu vaccine, it can reduce your **child's symptoms** and lessen their chances of a hospital stay, if they end up getting sick.



Questions?



Turn the page for answers ...

## Frequently asked questions

We know that you may have questions and we're here to help!

### Q. Can the COVID-19 vaccine cause infertility?

**A.** No, there is no evidence that the vaccine causes infertility for men or women.

### Q. Is my child at risk for myocarditis or other heart problems?

**A.** As with all vaccines, the COVID-19 vaccine does have some reported side effects, including myocarditis (swelling of the heart muscle) or pericarditis (inflammation of the tissue covering the heart). SARS-CoV-2 virus infection has been shown to cause these complications and they can be serious and even life-threatening. The risk of developing these complications is much higher if you catch the actual virus infection than it is if you get the vaccine. The risk of myocarditis and pericarditis from the vaccine is very low. Almost all myocarditis and pericarditis cases due to the vaccine have been mild and resolved quickly when treated.

### Q. Will my child have an allergic reaction to the vaccine?

**A.** There have been some allergic reactions to vaccines. This occurs in only two to five people per million vaccine doses. It is very rare.

### Q. Can the COVID-19 vaccine interfere with or change my child's DNA (genes)?

**A.** No. Your body uses messenger RNA (mRNA) to give instructions to your cells. The mRNA molecules tell your cells to make the spike protein that is present on SARS-CoV-2, the virus that causes COVID-19. Your body sees it as a strange protein and makes antibodies to fight the virus. Once the mRNA molecules deliver the message, they break down inside your body.

### Q. My child already had COVID-19. Should they still get vaccinated?

**A.** Yes. If your child had COVID-19, it is possible for them to catch this virus again. Not everyone has a good immune response when they get infected, but if they get vaccinated, their immune response to protect them against future infections is actually higher than those who get vaccinated and were never infected. The vaccine is over 90% effective in preventing future cases of serious COVID disease.

### Q. Should I wait to vaccinate my child?

**A.** With kids back in school, they are more likely to be exposed to COVID-19. The delta variant spreads quickly, and it's more contagious and more likely to affect children. The longer people wait to get vaccinated, the more the virus can spread. Viruses that spread also tend to change (or mutate) and make new variants. Getting vaccinated is the best way to stop the spread of COVID-19.

### Q. How do I keep my children safe before they can get vaccinated?

- A.**
- Wear a mask when indoors or in crowded places.
  - Maintain social distance (approximately 6 feet apart), especially indoors.
  - Avoid indoor activities when possible, such as dining in restaurants, playing sports inside or going to indoor play areas.
  - Keep their hands away from their eyes, nose and mouth.
  - Wash hands often with soap and warm water for 20 seconds.

### Q. Who can I talk to about COVID-19 vaccinations?

**A.** Talk to your Cook Children's doctor to learn more about vaccine safety and benefits. When your child is eligible, we can provide vaccines to keep them as healthy as possible.



Be sure to keep your child home from school or activities if they have symptoms like cough, shortness of breath or fever. You should also have them tested for COVID-19.

