

Why should my child get the COVID-19 vaccine?

December 3, 2021

The vaccine helps to prevent kids from getting sick with COVID-19.

Although COVID-19 infections tend to be milder for children, some kids can become very sick and require hospitalization or have long-term complications. Some children have even died from COVID-19.

The vaccine protects the community by reducing the spread of COVID-19.

By vaccinating your child, you are reducing their risk of spreading the virus to others, including family and community members (the elderly and immuno-compromised) who may have a higher risk of becoming very sick with COVID illness.



Do children really need the COVID-19 vaccine right now?

Yes. The risk of COVID-19 infection is still high. The sooner children receive the vaccine, the more protected they are.



Which COVID vaccine will my 5-11 year old child receive?

Children aged 5-11 years in Canada will receive a smaller dose of the Pfizer-BioNtech vaccine (10 micrograms, one-third of the dose used for teens and adults). Smaller doses work well in children because they have stronger immune responses than adults. They will require two doses.



Is the COVID-19 vaccine safe for kids?

Health Canada, several scientists and researchers have carefully reviewed the available medical evidence and have no major safety concerns about the vaccine. The most common side effects of the COVID-19 vaccine are similar to the mild side effects experienced with other vaccines, such as pain at the injection site, tiredness, body pains, headache, fever, and chills. These side effects improve after a few days.



In rare cases, some teens and young adults experienced inflammation of the heart muscle (myocarditis) or of the lining outside the heart (pericarditis) after receiving the COVID-19 vaccine; most got better within a few days. In the studies of children aged 5-11 years who received the COVID-19 vaccine, there were no cases of heart inflammation. Being sick with COVID is much more likely to cause heart inflammation than the vaccine.

There is no evidence that any COVID-19 vaccine causes fertility problems or other long-term problems. The COVID-19 vaccines do not alter genetic material (DNA).



The COVID-19 vaccine can help kids stay healthy so they can stay in school and spend time with their friends.

Get your child vaccinated as soon as possible!

The information in this bulletin has been validated by Canadian doctors: Meb Rashid, MD, Assistant Professor, University of Toronto; Vanessa Redditt, MD, Lecturer, University of Toronto; and Isaac I. Bogoch, MD, Associate Professor, University of Toronto.



We hope you find this bulletin useful! We invite you to share it widely and use it as the script to record an audio or video file, or translate it into more languages to share with others. Please be sure to credit the source: Women's College Hospital and Refugee 613.

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