

**Please read this carefully. If you have any questions, you may contact your health care provider.**

## What is COVID-19?

- The virus that causes COVID-19 is passed from an infected person to others when the person coughs, sneezes, sings, talks or breathes. Infected people can spread the infection even if they **do not** have symptoms.
- [Symptoms](#) can include cough, shortness of breath, fever, chills, tiredness, and loss of smell or taste.

## How does the COVID-19 vaccine protect against COVID-19 infection?

- The vaccine helps the body produce **antibodies** to prevent you from becoming sick if you are exposed to the virus.
- **Two doses** of the Moderna Spikevax mRNA COVID-19 vaccine can be effective in protecting against illness. It is important to receive both doses of the vaccine to ensure optimal protection
- Children who are moderately to severely immunocompromised can receive three doses of COVID-19 vaccine to complete the primary series. Check eligibility and recommendations on the [Get the Shot](#) page.
- The vaccine does not contain the virus so **you cannot get COVID-19 infection from the vaccine.**

## Who can and cannot receive the COVID-19 vaccine?

- Your child should not be vaccinated if they are **feeling unwell**, had a serious **allergic reaction to a previous dose of a COVID-19 vaccine**, or are **allergic to polyethylene glycol (PEG) or Tromethamine**.
- Children under 5 years of age who have received any other vaccine must wait 14 days before receiving a COVID-19 vaccine.

**\*\*If your child is immunocompromised or has an autoimmune disorder you can discuss vaccination with their health care provider or review the COVID-19 vaccine information page at [www.gov.nl.ca/covid-19/vaccine](http://www.gov.nl.ca/covid-19/vaccine)**

## Tell the health care provider if your child:

- Has fainted or felt faint after receiving past vaccines or medical procedures.
- Has a bleeding disorder or is taking medication that could affect blood clotting.
- Has received any other vaccines in the last 14 days.

## What are the side effects of the vaccine?

Side effects are expected and can indicate the vaccine is working to protect your child from COVID-19 infection. Side effects can develop in the days following the vaccination and can include one or more of the following:

- Pain, tenderness, and swelling at the injection site (a cool, damp cloth or wrapped ice pack may help relieve any discomfort).
- Tiredness, headache, muscle pain, joint pain, nausea, vomiting, diarrhea, chills or fever (acetaminophen or ibuprofen may help with pain and fever).
- Enlarged lymph nodes (swollen glands) that last for several days.
- Dizziness, decreased appetite, excessive sweating, itchy skin or rash.

## Serious side effects are rare but can include.

- Hives (bumps on the skin that are often very itchy)
- Swelling of the face, tongue or throat
- Difficulty breathing

**Seek immediate medical attention if your child develops symptoms, which may include chest pain, shortness of breath, or the feeling of a fast, pounding or fluttering heartbeat.**