

If you are feeling well, you can leave at:

After the COVID-19 vaccine:

Information for families of children aged five to 11

After the 15-minute waiting period, please verify with clinic personnel that your child is feeling okay before leaving.

What to expect in the next few days?

Everyone is different and may react differently than someone else when receiving a vaccine. Some people will experience mild short-term side-effects after vaccination and others won't experience any. Both are normal and expected.



Common side-effects

On the arm where the vaccine is given:

- Mild pain
- Redness
- Swelling



Tips for side-effects

To reduce pain and discomfort where the vaccine is given:

- Apply a clean, cool, wet washcloth over the area/or a wrapped ice pack
- Use or exercise the arm



In the rest of the body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Low fever
- Nausea (upset stomach)



To reduce discomfort from fever-like side-effects:

- Drink plenty of fluids
- Wear lightweight clothing
- Rest

Over-the-counter pain medication such as acetaminophen or ibuprofen may be used as directed to reduce any discomfort from side-effects.

Serious side-effects are very rare. Call 9-1-1 right away or go to the nearest emergency department if you develop any of the following reactions within one to three days of receiving the vaccine: hives, swelling of your face/mouth, trouble breathing, serious drowsiness, high (over 39 °C) or persistent fever, or seizures.

Is it still necessary to wear a mask and follow public health measures?

- Yes. The vaccine is an additional layer of protection against COVID-19. After one or both doses continue to follow all COVID-19 Public Health measures, such as wearing a mask, practicing physical distancing, and washing hands. Until Public Health says otherwise, keep up the pandemic safety measures.
- It's still possible to get COVID-19 and pass it on to others after being vaccinated. Continue to self-monitor and follow the guidelines of your local Public Health unit or school if your child develops symptoms of COVID-19.

When will the second dose be booked?

- Two doses of the vaccine are needed to be fully immunized. If this is the first dose of the COVID-19 vaccine, be sure to get the second dose to maximize protection.
- Please book the second dose as per provincial guidelines.

For more information check out these websites by scanning the codes below with your phone camera.



www.aboutkidshealth.ca/covid19



www.publichealthontario.ca



covid-19.ontario.ca/book-vaccine

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