

For providers

Please wait until ____: ____am / pm before leaving

Date: _____

Dose number: _____

Future dose appointment details (if applicable): _____



Scan to learn more about COVID-19 vaccines

It's great your child got their vaccination today!

Vaccination will help protect your child from serious COVID-19 illness as well as protecting others in your family's circle and the wider community. After vaccination, many people will have some symptoms which are a sign that their body is working with the vaccine. These symptoms may make them feel like they have the flu and may make it difficult to do some of their regular activities for 24-48 hours.

Many children will have one or a few of these side effects

Pain at injection site	Upset stomach, vomiting or diarrhea
Redness, swelling or soreness at injection site	Chills
Fussiness, irritability or crying	Loss of appetite
Tiredness	Dizziness or sleepiness
Headache	Swollen lymph nodes
Fever	Rash or itchy skin (not at injection site)
Muscle pain or joint pain	

How to treat side effects

- **To reduce pain or discomfort at the injection site**, apply a clean, cool, wet washcloth over the area and lightly move their arm.
- **For muscle pain and fever**, your child can take over-the-counter medications like acetaminophen and ibuprofen, unless there are other reasons they shouldn't take those. If you're not sure, ask their primary care provider. If they start with acetaminophen or ibuprofen and the fever doesn't go down to below 37.8°C after an hour, it's safe to try the other one an hour later to see if it works better. Do not use Aspirin for children's fever.
- **If your child has fever or diarrhea**, make sure they drink plenty of fluids.
- **If your child has fever**, rest and dress in light clothing to keep them cool.

If your child has any of these serious symptoms, call 9-1-1

Swelling of the face or mouth	Convulsions or seizures
Hives	Other serious symptoms like "pins and needles" or numbness
Trouble breathing	Chest pain
Very pale colour and serious drowsiness	Fluttering or pounding of the heart
High fever (over 40°C)	



If side effects aren't going away after 24 hours, call:
Telehealth: 1-866-797-0000
or your Primary Care Provider: _____

Remember

- Your child will need a full series of shots, as recommended by your local public health authorities, to be optimally protected. **Even if your child has side effects from the first shot, it's important that they get the remaining ones** unless their primary care provider or vaccination provider tells you not to. If you are unsure how many doses your child needs, ask their primary care provider or vaccination provider.
- The first dose helps to protect your child from serious cases of COVID-19, **but they will not be optimally protected until 2 to 4 weeks after the last dose.**
- **You and your child MUST continue to follow public health measures. Even if you're vaccinated, you could still pass the virus on to someone who isn't vaccinated yet.** Practice social distancing or other public health measures as recommended by your local public health unit.
- **You can help the vaccine effort!** Tell your friends and family you're happy to have gotten the vaccine for your child and that you hope that they will get their vaccine soon too.



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Developed by:



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