



First Nations Health Authority
Health through wellness

COVID-19 Vaccines for Youth aged 5-17

Why should young people be vaccinated?

Most youth who get COVID-19 experience mild symptoms, however some may become very sick and require hospitalization. Others may experience serious, long-lasting health problems.

The potential harms of COVID-19 make the vaccine a recommended choice for everyone who is eligible to receive it - including youth.

Clinical studies have proven that the vaccines are safe and effective for youth aged five and older.



Do youth require parental/ guardian consent to receive their vaccine?

Youth 12 to 18 have the right to accept or refuse vaccinations. However, some conditions apply: a health care provider must believe that the minor understands the benefits and risks of the care. Children between ages five to 11 require the verbal permission of a parent or guardian, or written permission if accompanied by someone who isn't their parent or guardian.



What COVID-19 vaccines are available to youth?

The SpikeVax (Moderna) and Comirnaty (Pfizer-BioNTech) mRNA COVID-19 vaccines are approved by Health Canada for ages 12 and up. Youth five to 11 will receive a pediatric dose of the Comirnaty vaccine.



What about children five to 11?

The vaccine for children has a smaller dose than the vaccine for those 12 and older. This is because healthy children have a stronger immune system than youth and adults. In clinical trials, lower doses provided children with very good protection against COVID-19. As with adult vaccines, they require two doses (about eight weeks apart) to be fully effective.



Are there any side effects from the vaccines?

Side effects from the vaccine are usually minor and may include soreness, redness, swelling and itchiness at or around the injection site. Other reactions may include tiredness, headache, low-grade fever, chills, muscle or joint soreness, swollen lymph nodes under the armpit, nausea and vomiting.

After getting any vaccine there is an extremely rare chance of experiencing hives, difficulty breathing, or swelling of the throat, tongue or lips. If this happens, it will take place soon after the injection and the immunizing health-care provider will treat it. This is the main reason why vaccine clinics require people to wait 15 minutes before leaving the facility.



The benefits of protection from the danger of COVID-19 far outweigh the mild side effects that may result from a vaccine.

To register for a vaccine clinic visit gov.bc.ca/getvaccinated.html



What if I have more questions about the vaccine?

Reach out to your community health nurse or health centre. If you do not have access to a primary care provider you can call the **First Nations Virtual Doctor of the day** at 1-855-344-3800, seven days a week from 8:30 a.m. to 4:30 p.m.

Even after getting vaccinated everyone should continue to wear a mask, wash hands regularly and practice physical distancing.



For more information, visit www.fnha.ca