

# Your Child's COVID-19 Vaccine Booklet



A book to  
prepare for and  
record your  
child's COVID-19  
vaccination



# Let's do this!

Learn how to make your child's  
COVID-19 vaccination easier!



- Questions to ask the doctor.
- How to make the visit easier.
- Steps to prepare for your child's COVID-19 vaccination.
- Steps to care for your child during and after the visit.

# Your Child's Name

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## COVID-19 Vaccination Dates & Locations

| DATE | LOCATION |
|------|----------|
|      |          |
|      |          |
|      |          |
|      |          |

**Doctor's Name**

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**Keep and take this booklet with you to your child's vaccination.**



## Vaccinating your child is the best way to protect them from COVID-19.

Vaccinating your child can help keep them in school and make it **safer** for them to take part in group activities such as:

- ✓ Visiting family, friends and neighbors.
- ✓ Going to amusement parks and concerts.

**What are 2 other benefits of getting your child vaccinated against COVID-19?**

1. \_\_\_\_\_

2. \_\_\_\_\_

# How the Vaccine Works

- COVID-19 vaccines safely show the body what the virus looks.
- The body then knows what protection to make against the virus.
- The vaccine teaches the body to remember the virus and be prepared to fight it.
- If your vaccinated child comes in contact with the virus, their body will be ready to defend against it.
- The vaccine cannot give your child COVID-19.

Even if your child already had COVID-19, it's important for them to get vaccinated.



# Do you have questions about the COVID-19 vaccine?

Check them off or write down your own below.

**Bring this with you and ask the doctor when your child gets vaccinated.**

- Should my child get vaccinated if they already had COVID-19?
- Why does my child need more than one dose or a booster?
- What should I expect after the vaccination?
- How long does it take for the vaccine to protect my child from COVID-19?

1. \_\_\_\_\_

2. \_\_\_\_\_

For answers to these questions and more information, see the resources on the last page or scan this QR code.



# Steps to Take **BEFORE** Your Child Gets Vaccinated



- Explain to your child what to expect when they get vaccinated.

- Let them know that they may feel a “little pinch,” “pressure” or “poke”. Avoid words like “pain”, “shot” or “needle”.
- Explain to them that vaccines can help protect and keep them healthy.



- If your child is old enough, you can plan for their visit with them. For example; help them practice calm breathing exercises that they can use while they get the vaccine.

# Steps to Take **BEFORE** Your Child Gets Vaccinated



- Bring a snack and drink to stay comfortable while you wait.



- Bring a toy, book, or blanket to help them feeling safe and calm during their vaccination.

**Write down things you will you bring to your child's vaccine appointment to help keep them calm and comfortable.**

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# Steps to Take **BEFORE** Your Child's Vaccinated



- Distract and comfort your child by holding them, singing a song, telling a story, or talking softly.



- Let your child know that everything is okay by smiling and making eye contact.
- Breastfeeding, bottle feeding or use of a pacifier, can be a great way to calm and relax your child.



- Provide support and comfort if they become upset, let them know it is okay to cry.

# Steps to Take **AFTER** Your Child's COVID-19 Vaccination

- Remind your child how well they did during the visit and how the vaccine will help protect them.
- Stay for the observation time period to make sure everything is fine.



- Do something special together after you leave the vaccination site--go to the park, take a walk, or play a game.

**Write down 3 things that helped your child to stay calm and comfortable during their vaccination.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Remember these for the next vaccination visit.**

## Common Side Effects of the Vaccine

- Not all children will get side-effects, but they are very common and normal.
- Side effects include pain, swelling, or redness at the place where the vaccine was given, feeling tired, headache, muscle aches, nausea, fever or chills.
- Side-effects are a sign that your child's body is building protection against the virus.

Side-effects should go away within a few days.



# Vaccine Side Effects Tracker

- Put a check mark next to any of side effects your child had after their vaccination and write down any other notes.
- Share these with the doctor at their next visit.

## Side Effects:

- None
- Sore or red at the place of vaccination
- Fever
- Chills
- Muscle aches
- Headache
- Feeling tired



Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Steps to Help Relieve Common Side Effects



- Apply a clean, cool, wet wash cloth at the place of vaccination to help reduce any pain.
  - Make sure your child gets plenty of rest.
- 
- If they have a fever, have them drink plenty of fluids and dress lightly.
  - Ask their doctor about the appropriate dose of over-the-counter medicines like Tylenol® (acetaminophen) or Motrin® or Advil® (ibuprofen) to help with pain, fever, headache, or discomfort.
  - Contact your doctor if they have side effects that get worse, worry you, or last more than 2 days.

**Write down 2 things that you can do to help your child feel better if they have common vaccination side effects:**

1. \_\_\_\_\_
2. \_\_\_\_\_



## When to call your doctor

Serious side effects or allergic reactions from the COVID-19 vaccination are very rare.

- Seek medical help right away if your child has any of these symptoms:
  - Chest pain.
  - Shortness of breath.
  - Feelings of having a fast beating, fluttering, or pounding heart.

# Next Steps



- Get the next recommended COVID-19 vaccine dose needed to keep your child protected.
- This may include booster doses that remind the body what the virus looks like and to make more protection.
- Stay up-to-date with other vaccinations that are required or recommended for your child.

**Ask your doctor the dates of your child's next COVID-19 vaccination and write the dates below.**

| DATE | Regular or Booster |
|------|--------------------|
|      |                    |
|      |                    |
|      |                    |
|      |                    |
|      |                    |
|      |                    |

# Continue Staying Safe from COVID-19

In addition to getting vaccinated, use all the tools available to protect you and your child from getting COVID-19 by doing the following:



- Wear a well-fitted mask (for children who can safely wear one), in public indoor spaces.



- Avoid crowded indoor spaces and spaces without good air flow.
- Improve air flow in your home by keeping windows open.



- When possible, gather with friends and family outdoors.



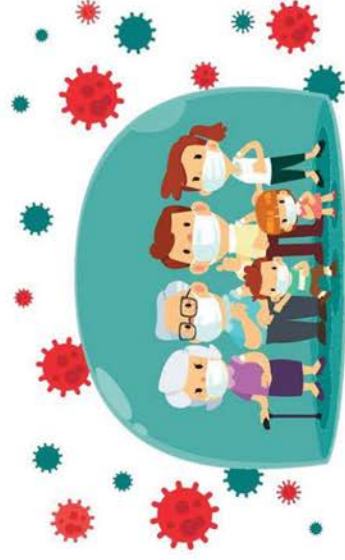
# COVID-19 Vaccine Champion

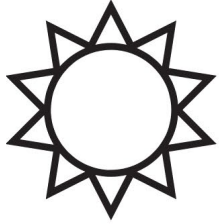
**This Certificate is Awarded to:**

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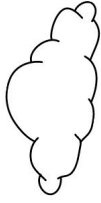
Date:

Thank you for helping protect yourself and your family  
against the COVID-19 virus!

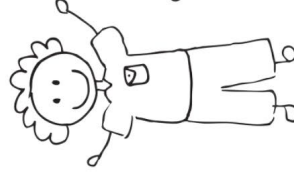
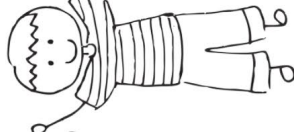
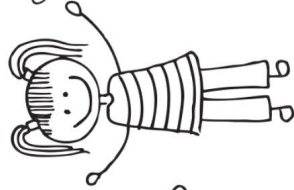
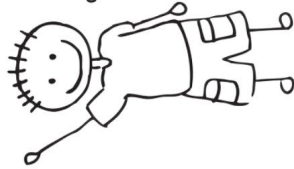




# COLORING SHEET



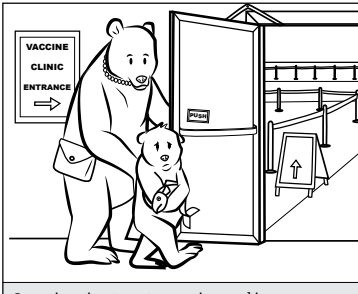
**Vaccines are safe, free and help protect you from COVID-19**



# Coloring Page

Share this vaccination story with your child and let them color it in.

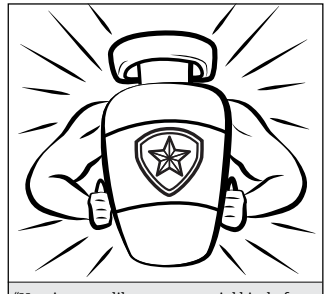
## COVID-19 vaccine superhero: Jesse's story



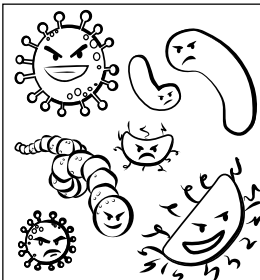
Jesse is going to get a vaccine and is a little nervous.



"Why do I need this vaccine?"



"Vaccines are like a very special kind of a superpower, Jesse!"



"Many illnesses are caused by germs too tiny to see."



"Vaccines work like an invisible force field which protects you against illness."



"Vaccines are so powerful, they even help keep people around you safe."



Jesse brought a favourite toy and used belly breathing to feel calm. There was a tiny pinch on the arm and it was over. "That was easy!"



Jesse is now a vaccine superhero! They are helping to protect their community from illnesses.

# COVID-19 Resources

Please use the resources below to learn more about the COVID-19 Vaccine

| Resource  | Link  |
|---|---|
| Los Angeles Department of Public Health COVID-19 Resources                          | <a href="https://www.vaccinatelacounty.com">VaccinateLACounty.com</a>   |
| Los Angeles Department of Public Health COVID-19 Frequently Asked Questions (FAQs)  | <a href="https://ph.lacounty.gov/media/Coronavirus/vaccine/resources.htm#FAQs">ph.lacounty.gov/media/Coronavirus/vaccine/resources.htm#FAQs</a><br>or scan the QR code below    |
| Centers for Disease Control and Prevention COVID-19 Vaccines for Children and Teens | <a href="https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html">cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html</a> |
| V-safe After Vaccination Health Checker   | <a href="https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html">cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html</a>                                     |
| Recommended Vaccinations for Infants and Children, Birth to 6 Years Old             | <a href="https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html">cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html</a>                               |
| Recommended Vaccinations for Children 7 to 18 Years Old                             | <a href="https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html">cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html</a>                     |
| COVID-19 Community Vaccination Information  | <a href="http://publichealth.lacounty.gov/media/Coronavirus/vaccine/outreach.htm">http://publichealth.lacounty.gov/media/Coronavirus/vaccine/outreach.htm</a>                   |

Scan QR code to the right to view Frequently Asked Questions.



For more vaccination  
information visit  
**VaccinateLACounty.com**

