

RESPONSES TO PARENTS' MOST COMMON FEARS ABOUT COVID-19 VACCINES FOR THEIR CHILDREN

1

NOVELTY

COVID-19 vaccines were quickly developed through international scientific collaboration to respond to the global pandemic. Usually, the four study phases to create a vaccine are done one after the other, then the vaccines are manufactured. For COVID-19, given the urgency, some phases of this process were combined so manufacturing could start much earlier. No step was overlooked.

2

EFFECTIVENESS

Since the start of the vaccination campaign, the number of COVID-19 cases has decreased significantly. Most of the people who have contracted COVID-19 had not yet been fully vaccinated (i.e. two vaccine doses). When a fully vaccinated person contracts COVID-19, their symptoms are milder and less severe than those observed in an unvaccinated person.

3

SIDE EFFECTS

To date, the side effects observed in the studies have been mild or moderate. Early effects: pain at the injection site, chills, headache and fever. Late effects: fatigue, muscle and joint pain. Serious effects, such as allergic reactions, are rare and usually easily treatable. In general, they occur within 15 minutes of the injection. That's why you have to wait 15 minutes at the vaccination centre, after receiving your injection.

4

RELEVANCE

Children are less affected by COVID-19 and their symptoms are generally less severe than in adults. However, children are also at risk of developing serious complications that may require hospitalization. In addition, unvaccinated children can contract COVID-19 and pass it on to others. The higher the number of people vaccinated, the more the transmission of the virus will be curbed.

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MISTRUST

Health Canada has put in place a surveillance and oversight system for the development and production of COVID-19 vaccines to ensure the safety and health of the population. In addition, the Agency and provincial public health services are protecting the public by implementing a vaccine adverse reaction surveillance system.

HOW TO PREPARE YOUR CHILDREN FOR THEIR VACCINE

PRE-VACCINATION STRATEGIES

EDUCATION

- Explain the positive influence of vaccines
- Find and share information about vaccines with the child
- Listen to the healthcare professional's instructions

RECOMMENDATIONS

- Do not pay attention to other people's negative and unfounded comments
- Sleep well the night before

STRATEGIES DURING VACCINATION

PROCEDURES

- Go with your child to the clinic
- Notify the health professional if your child is afraid of needles
- Request to be vaccinated in a private location
- Have your child sit in a comfortable position and get them to relax their arm

STRESS MANAGEMENT TECHNIQUES FOR CHILDREN

- Distraction technique (e.g. music, games, object from home)
- Focus on breathing
- Visualize calming, positive mental images
- Count backwards (15, 14, ... 0)
- Let the child do and express what they would like (e.g. look at the shot or not)

POST-VACCINATION STRATEGIES

DISTRACTIONS

- Congratulate your child and praise their courage
- Ask how the experience was
- Distract with a fun activity
- Offer to choose a reward

PROCEDURES

- Manage pain (e.g. ice, pain reliever, rest)
- Monitor for adverse reactions and do not hesitate to contact the public health authority