



COVID-19 VACCINE FOR CHILDREN

After getting a Pfizer vaccine

Common Vaccine Side effects

- Your child may have side effects after getting the vaccine. Common side effects include sore or red arm, muscle aches, headache, feeling tired, fever, and chills.
- This may limit some of their daily activities, but they should go away in a day or two.
- It is important to get the second dose even if they got side effects after the first dose unless a vaccination provider or doctor says not to.
- Vaccine side effects are normal and show that their body is learning to build up immunity. Not everyone will get them.



Tips to help with side effects

- Apply a clean, cool, wet washcloth to their arm to help reduce pain. It may also help to exercise the arm. If they have a fever, drink plenty of fluids and dress lightly.
- Over-the-counter medicines like Tylenol® (acetaminophen) or Motrin® or Advil® (ibuprofen) can help with pain, fever, headache, or discomfort.

When to call your doctor

Contact your doctor if they have:

- Side effects that last more than 2 days
- Symptoms that start more than 2 days after getting the vaccine
- Cough, shortness of breath, runny nose, sore throat, or new loss of taste or smell (as these are not vaccine side effects)
- Symptoms that get worse or worry you

Rare, serious side effects

Allergic Reactions

As with any medicine it is rare but possible to have a serious reaction, such as finding it hard to breathe. It is very unlikely that this will happen. If it does, call 911 or go to the nearest emergency room.

Myocarditis & Pericarditis

Myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining outside the heart) have occurred in some people who have received the vaccine. In most of these people, symptoms began within several days after getting the second dose of vaccine. The chance of this happening is very low.

Seek medical help right away if your child has any of the following symptoms:

- Chest pain
- Shortness of breath
- Feelings of having a fast beating, fluttering, or pounding heart

The vaccine does not protect your child right away

They are fully vaccinated **2 weeks** after they got their second dose of vaccine.



Sign up for V-Safe, the CDC health checker

If you have a smart phone, please sign your child up at vsafe.cdc.gov to tell CDC about any side effects. You can sign up more than one person on a single phone.



Want to learn more?

For more information, visit the "[After You Get a Vaccine](#)" webpage - scan the QR code or visit



[VaccinateLACounty.com](https://www.vaccinatelacounty.com)

Continue to protect against COVID-19

Your child should:

- Wear a well-fitting mask.
- Wash (or sanitize) their hands often.
- Stay home when sick.
- Avoid crowded places and spaces with poor air flow.
- Keep their distance when it is safe to do so.



After your child is vaccinated

If they are exposed to someone with COVID-19 and they don't have any symptoms, they do not need to quarantine if they are fully vaccinated and not yet eligible for a booster **OR** if they are fully vaccinated and boosted. They should get tested and follow all other instructions ph.lacounty.gov/covidquarantine.

If they have symptoms of COVID-19: they should stay home and away from others. Talk to a doctor and get a test.

If your child has a weak immune system: If they have a health condition or are taking medicines that weaken their immune system, vaccination may not be as effective. CDC recommends that some children ages 5 and over with weak immune systems receive an additional dose of vaccine. Talk to their doctor. If they need to get 3rd dose, ask about the best timing based on the current treatment plan.

Children ages 12-17 should get a Pfizer booster dose 5 months after their second dose.

For more details, visit the [How to Get Vaccinated](#) webpage on the LA County DPH website.

Mental Health Resources

If you, your child, or someone you know is having a hard time coping with COVID-19, help is available 24/7 through the Los Angeles County Department of Mental Health's Help Line. Call 1-800-854-7771 or text "LA" to 741741. More resources and tools can be found at:

<http://dmh.lacounty.gov/resources>



Keep their white vaccine card safe!

It is their official vaccination record. Take a photo or make a copy.

You can get a digital vaccine record for your child at

myvaccinerecord.cdph.ca.gov

