

COVID-19 Vaccinations for Children 12-17

BEFORE

Prepare your child ahead of time for their vaccination. For older children, prepare them a day or more before to allow time to plan but not much time to worry.

Let your child know:

- The needle will be very quick
- You and your child will have to wear a mask and be screened
- Nurses and doctors will be wearing masks
- One adult will stay with each child

Use gentle and simple language that your child will understand. For example:

- We need to give you some medicine to help keep you healthy
- The nurse will give you medicine that is called a vaccine
- The medicine goes into your arm with a small needle because it is not the kind you can eat or drink
- It's important for you to stay still as a statue
- The medicine may make your arm may feel warm and tingly
- Your nurse will give you a bandage after and you will sit down and hang out for a little bit to make sure you are feeling well

How you can make the visit more comfortable for your child:

- Have your child wear a short-sleeve shirt or clothes that are easy to take off
- Try to eat something before vaccination and afterwards
- To ease the poke, you can buy numbing creams or patches at a pharmacy without a prescription. These need to be applied prior to the needle to give them time to work, please ask your pharmacist where to apply

Distract your child:

- Watch a video or play a game on a phone or tablet
- Listen to music

DURING

- For older children, hold their hand or sit right beside them
- Speak in a calm and soothing voice and take deep belly breaths together with your child

AFTER

- Help make happy memories. Tell your child what they did well, like staying still or taking big breaths
- Sometimes there are minor side effects like pain, swelling or redness of the arm. This is normal and does not last very long (a few minutes to a few days). It should not prevent your child from doing any activities
- If you notice a change in your child's health that worries you, contact your health care provider or public health department

MORE INFORMATION

[Immunize Canada](#)

[SickKids – About Kids Health](#)

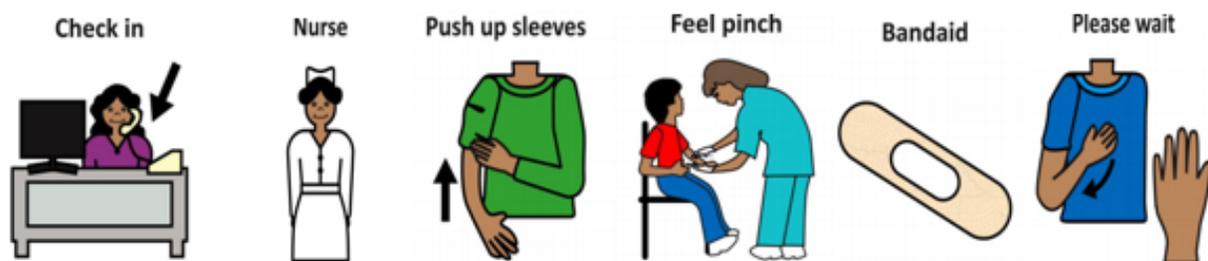
[#ScienceUpFirst](#)

<https://twitter.com/KidsInPain>

For teens- Podcast with [Solutions for Kids in Pain chatting with 15y/o Everett](#) in an episode of the @ASH_media podcast

Follow the hashtag #ItDoesntHaveToHurt on Twitter

VISUAL STORY



***Adapted from Autism Speaks - A parent's guide to blood draws for children with autism. <https://www.autismspeaks.ca/science-services-resources/resources/tool-kits/>