

## For Children Aged 5 to 11



# About COVID-19 Shots



### Why do people get COVID-19 shots?

When people get sick with COVID-19, this can make them sick and give them a fever, make them tired, make them cough, make it hard to breathe, give them headaches, and even make it hard to taste and smell.

If you get your shots for COVID-19, this helps your body's insides get ready to fight the virus and makes it harder for you to get sick if you *do* get it.



### Do I need to be careful when I get my COVID-19 shots?

Before you get your shot	If you have a fever of 37.5°C (99.5°F) or over and you don't feel well, you can't get a vaccine, so if you don't feel good, make sure you let the people in your house know.	
When you get your shot	You'll get your shot in your arm near your shoulder. Make sure to wear a shirt with sleeves that are easy to roll up.	
After getting your shot	<p>◎ After you get your vaccine, please sit down and wait for 15 minutes. (Some people will be asked to wait for 30 minutes)</p> <p>◎ After your shot, you can do what you normally do and take a bath or shower like always, but just be sure not to play outside or exercise hard after you get your shot that day.</p>	<p>◎ Sometimes, when people get their COVID-19 shots, they might have the things listed below happen, but don't worry, they usually go away in 2 or 3 days on their own.</p> <ul style="list-style-type: none"> <li>-Fever</li> <li>-Feeling tired</li> <li>-Headache</li> <li>-Chills</li> <li>-Feeling icky</li> <li>-Bellyache</li> </ul>

**If you feel any of the things listed above, make sure you let someone in your home know right away.**

- **Right after getting your shot**
  - Feeling itchy
  - Coughing
- **From the day you get your shot to 4 days after**
  - Fever
  - Headache
  - Chest pain
  - Trouble breathing
  - Feeling tired
  - Chills
  - Feeling your heart beating fast

**You'll need to get 2 COVID-19 shots with 3 weeks in between.**



### Important Things to Remember

There are all sorts of people in the world. Some people get their shots as soon as they can, and some people have reasons for not getting their shots. Don't make fun of or bully other kids you know whether they get their shots or not.

