

COVID-19 Vaccines: Children and Teens



You're doing everything you can to keep your kids healthy during the COVID-19 pandemic. We want to help! The COVID-19 vaccine is an important way to protect them from the virus and keep them in daycare, school, and others places they learn and play.

Did you know that the COVID-19 virus can:

- make your child sick and may cause health problems for a long time?
- spread quickly to family, friends, and classmates, especially babies, older adults, and people who can easily get sick?

[COVID-19 vaccines are safe](#), and they help prevent you and your family from getting very sick. We understand you may have questions about possible risks. Let's talk about them.

Will the COVID-19 vaccine impact my child's growth or fertility?

The COVID-19 vaccine won't impact your child's growth or cause female or male fertility problems. Millions of children have received the vaccine. Doctors haven't found any changes to growth or fertility. The vaccine's ingredients (e.g., mRNA), and the antibodies the body makes after vaccination, do not cause any problems with becoming pregnant. There is also no evidence that the COVID-19 vaccine affects puberty.

Will the COVID-19 vaccine change my child's DNA?

None of the COVID-19 vaccines are able to change DNA. COVID-19 vaccines (e.g., Pfizer, Moderna, Johnson & Johnson/Janssen) [teach our bodies](#) how to protect against the COVID-19 virus. This does not change your child's DNA.

My child already had COVID-19, do I still need to vaccinate my child?

Yes, your child still needs the COVID-19 vaccine. They can get COVID-19 again and it can be more serious next time. No one can tell how COVID-19 will affect your child. Even if they have no symptoms, if they test positive, they will miss several days of school and activities. [Vaccines are safe](#) and can prevent them from getting very sick.



For more information on COVID-19, please visit:
coronavirus-sd.com/vaccines



Can the COVID-19 vaccine harm my child's heart?

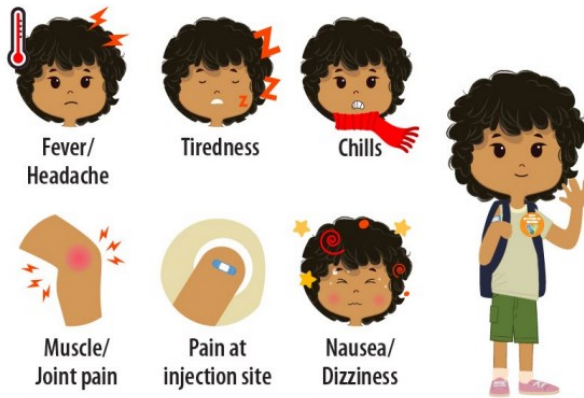
Heart problems after COVID-19 vaccination are rare. Patients with heart conditions (e.g., myocarditis, pericarditis) after the COVID-19 vaccine respond well to medicine and feel better quickly.

While serious side effects from the COVID-19 vaccine are very rare, complications from the virus are not. The vaccine is much safer than the virus. Children who get the COVID-19 virus can have serious problems like [multisystem inflammatory syndrome in children \(MIS-C\)](#).



What are the side effects of the COVID-19 vaccine?

A few kids and teens may have [side effects from the vaccine](#). They may be in a bad mood, not want to eat, or have swollen lymph nodes. These side effects are temporary, or may not happen at all.



Side effects should be mild, and go away within a couple of days.

Normal side effects should:

- be easy to deal with at home.
- start within the first three days of vaccination (most symptoms begin the day after getting vaccinated).
- go away within one to two days.

Call your healthcare provider if your child or teen has other symptoms or if the side effects do not go away in two days. These are simple ways to help your child after the vaccine:



Rest



**Non-aspirin
pain reliever**



**Cool compress at
the injection site**

Let's protect our children by getting them vaccinated!

Children 6 months and older are *strongly* recommended to get the COVID-19 vaccine and boosters. They can get a vaccine at **no cost**. Your child does need [your permission](#) to be vaccinated. Scan the QR code and see the [COVID-19 Vaccine Eligibility](#) webpage for more information and [COVID-19 Vaccinations Locations](#) for a site near you.



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