

## COVID-19 VACCINE

# Youth (ages 12-17) Information



Current as of: August 31, 2021

### What COVID-19 vaccine am I eligible to receive?

On August 27, 2021, **Health Canada authorized the use of Moderna for children aged 12 and up**. Youth are now able to receive either the Pfizer or Moderna vaccines.

Youth must have been born in 2009 or earlier (11 turning 12 in 2021) to receive either mRNA vaccine (Moderna and Pfizer).

### COVID-19 Vaccine Appointment Tips:

- ➡ The COVID-19 vaccine is given as a needle in the upper arm (into the deltoid muscle). The Pfizer-BioNTech and Moderna vaccines requires **two separate doses** to be complete. Be sure to return for your second dose as instructed by the vaccination clinic.
- ➡ Youth ages 12-17 **do not need parental consent** to receive the COVID-19 vaccine. You are able to provide informed consent as long as you understand: what vaccination involves, why it is being recommended, and the risks and benefits of accepting/refusing to be vaccinated. It is a good idea to talk about this decision with your parent/guardian or an adult you trust such as your principal or a teacher.
- ➡ If you are afraid of needles, or have fainted in the past, you should still get the vaccine. Tell staff at the clinic so that appropriate supports can be offered. You can also bring **one support person** with you such as a friend or your parent/guardian.
- ➡ You may have some **side effects** from the vaccine. They should go away in a few days. Common expected side effects include: pain, swelling and colour changes (e.g. red, purple) at the site where the needle was given. Applying a cool, damp cloth where the vaccine was given may help with soreness.
- ➡ After your vaccination, you will be asked to stay and **wait for 15-30 minutes** to monitor for any unexpected changes in health or allergic reactions.
- ➡ After receiving the vaccine, it is important to continue **wearing a mask, staying at least 2 metres from others and limiting/avoiding contact with others outside of your household**.
- 🚫 **If you have symptoms of COVID-19, you should not attend the clinic.** Get in touch with your school or the vaccine clinic and they can help you to rebook.

### What do I need to bring to my appointment?

- ✓ Your [consent form](#), printed and completed.
- ✓ Your health card/Ontario Health Insurance Plan (OHIP) card (even if it is expired). If you do not have an OHIP card or if your OHIP card has expired, you can still get vaccinated. Please bring another form of government-issued photo identification (ID) such as a driver's license, passport, Status card, or birth certificate. If you do not have a health card or government-issued photo ID, please speak to your principal and they can give you an official letter with your name, date of birth and address.
- ✓ Immunization record, if available, to keep track of the COVID-19 vaccine. Proof of COVID-19 immunization from first dose, if available and applicable
- ✓ An allergy form, if you have are allergic to a component of your vaccine (you can read the ingredients of the vaccine in the [COVID-19 Vaccine Information Sheet: For Youth \(age 12-17\)](#)).
- ✓ Any assistive devices needed (e.g., scooter, wheelchair, cane). Reading glasses and/or hearing aid, if required.
- ✓ Mask that covers the mouth, nose and chin.
- ✓ A support person, if required (e.g., interpreter, someone to help you during the vaccination, your parent/guardian).
- ✓ If you are nervous about the vaccination, bring something to help distract yourself, such as a mobile device, headphones for music, or a book.

### Resources to Read Before Your Appointment

- 👉 [COVID-19 Vaccine Information Sheet For Youth \(Age 12-17\)](#)
- 👉 [What Youth Need to Know About their Appointment](#)

For the most recent COVID-19 vaccine information, visit [www.rcdhu.com](http://www.rcdhu.com)

