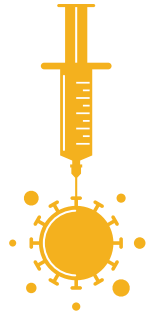


THE ABCs OF THE COVID-19 VACCINES FOR CHILDREN



As COVID-19 vaccines become available for children and teenagers, Children's Memorial Hermann Hospital recognizes it can be challenging for parents and families to navigate the overwhelming amount of information available regarding pediatric vaccinations. Below, we present the ABCs of COVID-19 vaccines to help you make informed decisions to further protect the health of your children and your family. Children's Memorial Hermann believes in the safety and efficacy of all COVID-19 vaccines currently available and invites all eligible members of our community to register for vaccination at www.memorialhermann.org/vaccine-hub.

A is for Allergies

If your child has food allergies, it's still safe to get the COVID-19 vaccine. Be aware, however, that some people have an allergy to polyethylene glycol (PEG), which is used in many medications, including the COVID-19 vaccine. If your child is allergic to PEG or has experienced a severe allergic reaction to other injectable treatments, please consult with a doctor.

D is for Development

According to The Centers for Disease Control and Prevention (CDC), there is no evidence that any vaccine, including the COVID-19 vaccines, affects development or fertility.

E is for Effective

COVID-19 vaccines are remarkably effective and safe. Based on U.S. Food and Drug Administration (FDA) data from tens of thousands of study participants, the American Academy of Pediatrics recommends that anyone who is eligible to receive the COVID-19 vaccine get vaccinated as soon as possible.

L is for Low Risk, Not No Risk

While most children with COVID-19 have mild symptoms or no symptoms at all, they still can spread the disease to others. In addition, severe COVID-19 illness and deaths have been reported in children under the age of 1, and children with underlying health conditions may be more likely to develop severe illness.

P is for Previous Infection

If your child has had COVID-19 already, the CDC still recommends vaccination. While doctors do not know yet how long we are protected after having COVID-19, they do know it is possible to contract the virus again.

S is for Side Effects

As with other vaccines, children may feel tired or have a sore arm, low-grade fever and other flu-like symptoms following COVID-19 vaccination. However, these symptoms are typically mild and go away within 48 hours..

T is for Timing

There is no need to wait to get your child vaccinated. We strongly encourage eligible children to get vaccinated as soon as possible so they can return to enjoying pre-pandemic activities safely while protecting themselves and all those around them.