

# Talking about COVID-19 vaccines with parents and caregivers of children ages 12 and older

It's normal for parents and caregivers to have questions about vaccines for their kids. You can get your questions answered.



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The COVID-19 vaccine is the safest and most effective way to protect yourself and your loved ones, and to help your children get back to what they miss the most.



**It's normal for parents and caregivers to have questions about COVID-19 vaccines for their kids and teens.**

- ▶ It's important that you get your questions answered.
- ▶ You can talk to your nurse, doctor or pharmacist when making the choice to get your child vaccinated against COVID-19.
- ▶ You can get more information from the Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), the Oregon Health Authority ([covidvaccine.oregon.gov](http://covidvaccine.oregon.gov)), and from the World Health Organization ([www.who.int](http://www.who.int)).
- ▶ Anyone in Oregon age 12 and older can get a vaccine for free. No health insurance is required. Free vaccines are available regardless of immigration status.

**The COVID-19 vaccine is the best way to protect your child from having to go to the hospital.**

- ▶ The COVID-19 vaccine is safe and effective. It protects kids from getting very sick from COVID-19.
- ▶ More than 40,000 people participated in the clinic trials for the Pfizer vaccine to measure safety and effectiveness.
- ▶ In clinical trials, the COVID-19 vaccine was nearly 100% effective at preventing children ages 12+ and adults from being hospitalized or dying from COVID-19.
- ▶ Research has shown that it is safe for your child to get the COVID-19 vaccine at the same time they get vaccines for other illnesses, like measles.

Last updated: 8/25/21

Learn more about vaccines at  
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## Children can get very sick from COVID-19. Vaccines help keep children healthy and safe.

- ▶ The CDC recommends children 12 and over be vaccinated for COVID-19.
- ▶ New, more contagious strains of COVID-19 are spreading in Oregon, including among kids and teens. According to the CDC, these new strains of COVID-19 are a serious threat to unvaccinated teens.
- ▶ Once your child is vaccinated, they can safely return to more of their normal life – sports, social time, and other activities that are so important to a child's health and well-being.

## Short term side effects are normal and a sign the vaccine is working.

- ▶ Side effects are normal signs of your child's body building protection. These can include soreness at the injection site, fever or feeling tired. All side effects should go away in a few days.
- ▶ If your child has a medical condition, your health care provider can answer questions about whether the vaccine is right for your child.



### Notes for communicators

1. It is critical to affirm that it's ok – and totally normal – to have questions about vaccines for your kids. A parent's or caregiver's most important job is keeping their kids safe.
2. Pressuring or lecturing parents and caregivers to get their kids vaccinated does not generally help. It is much better to help parents and caregivers get their questions answered so they feel empowered to make a responsible decision.
3. The strongest messengers are parents and caregivers who have already decided to vaccinate their own kids and teens. Medical professionals who are also parents and caregivers of vaccinated kids are also strong messengers.



### Facts to share

People remember simple facts better than complicated content. Here are a few facts worth sharing with parents and caregivers:

- ▶ Over 2 million Oregon adults, teens and kids have been vaccinated against COVID-19.
- ▶ Clinical studies show that the COVID-19 vaccine is nearly 100% effective at preventing serious illness for kids 12 and older.
- ▶ More 40,000 people participated in the clinic trials for the Pfizer vaccine to measure safety and effectiveness.
- ▶ Anyone in Oregon age 12 and older can get a vaccine for free. No health insurance is required. Free vaccines are available regardless of immigration status.

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