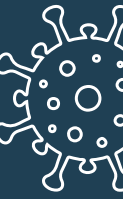




Children, Adolescents and COVID-19 Vaccines



Everyone ages 6 months and older should be vaccinated against COVID-19.

Preparing to get the vaccine:



For help finding a vaccination site, visit www.vaccines.gov or call 2-1-1.



Minors 6 months through 17 years of age need parental consent to be vaccinated.



Some clinics may require masks.



Wear clothing that makes it easy to access the upper arm.



Be sure to eat and drink water before the appointment.



To ensure the vaccine can be administered safely, a health care professional will ask for health history. For example, they may ask about a history of allergic reactions



Feeling nervous when receiving a vaccine is okay. Here are some tips to help calm fears:

- Distract yourself by playing a game, reading a book or listening to music.
- Take slow deep breaths and relax your arm.
- Focus on an object in the room and concentrate on the details of it.
- Look at a poster in the room and rearrange the letters to create as many words as possible.

What to expect after getting a vaccine

- After the vaccine is complete, you may be asked to wait at the site for 15 to 30 minutes to make sure there is no reaction.
- Getting a COVID-19 vaccine is similar to other immunizations. Everyone's immune system is different. Some people may have side effects and others may not.
- The most common side effects are irritability, pain, redness or swelling at the injection site, tiredness, low-grade fever, or muscle aches for a day or two after getting the vaccine.
- Keep your COVID-19 vaccination card as proof of your vaccination. Take a picture with your cell phone to keep a history of your card.

Learn more: [Getting Your COVID-19 Vaccine](#).

Requesting a copy of vaccine records

Need to request a copy of your child or dependent's State of Michigan Immunization Record?

Official State of Michigan Immunization Records can be obtained for yourself or your child through the patient's doctor or the Local Health Department. Immunization records for adults may be requested by visiting mcir.org/public.

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Related resources

Michigan.gov/kidsCOVIDvaccine

Questions and Answers about COVID-19 vaccines, bit.ly/CHOPCOVID