



# Teens and COVID-19 Vaccines

## Teenagers are eligible for COVID-19 vaccination

- The Pfizer vaccine has been authorized for use in adolescents ages 12 years and older.
- Moderna and Johnson & Johnson may only be used in individuals ages 18 years and older.
- Clinical trials are currently underway for children as young as 6 months old.

## Preparing to get the vaccine:



For help finding a vaccination site, visit [Michigan.gov/COVIDVaccine](https://Michigan.gov/COVIDVaccine) or call 2-1-1.



Wear a mask to the clinic.



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



The site may ask for identification, make sure to bring it.



Be sure to eat and drink water before the appointment.



To ensure the vaccine can be administered safely, a health care professional will ask about your health history.

- For example, they may ask about allergies to certain things and history of severe allergic reactions, health conditions, or if other vaccines have been given in the last two weeks.



Some people feel nervous when they have to receive a vaccine and that is okay. Here are some tips to help calm fears:

- Distract 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 shot is complete, you will be asked to wait at the site for 15 to 30 minutes to ensure there is no reaction.
- Getting a COVID-19 vaccine is similar to other immunizations. Some people have side effects, which are normal signs that your body is responding to the vaccine. Everyone's immune system responds different – don't worry if there are no side effects.

- The most common side effects are pain, redness or swelling at the injection site, tiredness, low-grade fever, or muscle aches for a day or two after getting the vaccine.
- Side effects tend to be more common after the second dose.
- It takes two weeks after the last dose of COVID-19 vaccine to get the best immune response and to be considered fully vaccinated.
- 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](#)

## Benefits of being vaccinated

People who are fully vaccinated can start doing many things that had been stopped because of the pandemic.

- Are allowed to gather with others without a mask [in most situations](#).
- Don't need to get tested before or after travel.
- May not be required to participate in testing programs – like those used for school sports.
- Don't need to quarantine after being exposed to others with COVID-19.

## 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 may also be requested by visiting [mcir.org/public](http://mcir.org/public).

## Related resources

Age Groups and Vaccines: Teens/College, [chop.edu/centers-programs/vaccine-education-center/agegroups-and-vaccines/teens-college-students](http://chop.edu/centers-programs/vaccine-education-center/agegroups-and-vaccines/teens-college-students)

Questions and Answers about COVID-19 vaccines, [COVIDVaccineAnswers.org](http://COVIDVaccineAnswers.org)

"The Coronavirus Pandemic – Answering Your Questions" series, can be accessed at [vaccinemakers.org/news-events/coronavirus-pandemic-answering-your-questions](http://vaccinemakers.org/news-events/coronavirus-pandemic-answering-your-questions).

Don't Wait. Vaccinate. [unity4teenvax.org/dontwaitvaccinatetoolkit](http://unity4teenvax.org/dontwaitvaccinatetoolkit)

