



Protect Your Child with the Updated 2023-2024 COVID-19 Vaccine

Getting your child vaccinated with COVID-19 vaccine will help to keep them healthy. It's normal to have questions and concerns. The information below can help you make the decision to vaccinate!

Are COVID-19 vaccines safe?

YES! COVID-19 vaccines:

- have been carefully studied BEFORE being recommended for children. None of the clinical trial steps were skipped and no corners were cut when it comes to safety.
- are effective at preventing severe COVID-19 disease and hospitalization.
- are continuously monitored for safety.

**Children receive COVID-19 vaccine doses that are appropriate for their age. All vaccines doses given to children are based on the age of the patient at the time of vaccination - they are not based on weight.*

Why should my child get the COVID-19 vaccine?

Getting your child vaccinated can help:

- protect them from severe illness and possible hospitalization.
- prevent the spread of COVID-19 and protect those who are unable to receive the vaccine.
- prevent future health problems and organ damage due to COVID-19 infection.
- keep children learning in-person at daycares and schools.
- allow children to safely participate in sports, playdates, and other group activities.

Can getting sick with COVID-19 illness be serious in children?

YES! COVID-19 illness can:

- cause severe illness, even in healthy children.
- lead to health problems like [multisystem inflammatory syndrome \(MIS-C\)](#) —a condition in which different body parts become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs.
- lead to long-term effects (known as [long COVID](#)). Long COVID can include breathing problems, dizziness, difficulty concentrating (brain fog) and depression.
- be especially dangerous for children with [underlying medical conditions](#).

**Anyone currently infected with COVID-19 should wait to get vaccinated until they are fully recovered and they no longer need to isolate. Ask your doctor for specific information.*



SAFE



EFFECTIVE



My child already got sick with COVID-19 illness. Why is the vaccine necessary?

Even if you already had COVID, you should get vaccinated because:

- you can get sick with COVID-19 more than once.
- it is not known how long immunity (protection) from COVID-19 illness will last.
- getting a COVID-19 vaccine can provide added protection.

Is there a fertility or developmental concern with vaccinating children and teens before they reach puberty?

NO! There is no evidence that the COVID-19 vaccine affects puberty.

- there is NO evidence that COVID-19 vaccines cause fertility problems in women or men.
- pregnant people are at increased risk for severe illness, preterm birth (delivering the baby earlier than 37 weeks) and possibly pregnancy loss (miscarriage) if they get sick with COVID-19.
- none of the COVID-19 vaccines contain live virus. They cannot make anyone sick with COVID-19, including people who are pregnant or their babies.

What are the side effects of getting the vaccine?

Vaccine side effects:

- are usually mild and can include tiredness, muscle pain, headache, and soreness where the shot was given.
- can be managed by applying a cool washcloth over the place where vaccine was given, drinking plenty of fluids, and possibly taking over-the-counter medication afterwards **if your doctor approves**.

*Some children may have no side effects. Serious side effects are rare. Parents and caregivers can report side effects to the [Vaccine Adverse Event Reporting System](#).

Talk to your doctor to make sure your child is up to date with COVID-19 vaccines!

For more information:

- covid19.nj.gov/vaccines
- cdc.gov/covid19

