WHY YOUR CHILD NEEDS A COVID-19 VACCINE

Every parent/guardian has their own reasons for getting their children vaccinated. Vaccination is the best thing you can do to:

- Protect your child from the dangers of COVID.
- Enable your child to participate safely in the activities they enjoy.

COVID can be dangerous for children.
Among children infected with COVID in the United States, 130,000+ have been hospitalized and 1,500+ have died.

There's simply no way to know how COVID will affect your child. Even if your child is perfectly healthy, they can still get very sick from COVID. Almost half of children hospitalized with COVID had no other health issues.

COVID vaccines for children are safe.
The COVID vaccines for children were thoroughly tested, with thousands of children participating in the clinical trials. Among those who got the vaccine, it was shown to be safe.

Around 28 million children in the United States have gotten a COVID vaccine. Real-world evidence confirms the vaccine's safety.

COVID vaccines for children work.
Real-world evidence shows that the COVID vaccines for children work very well to prevent:

- Severe illness
- Hospitalization
- Death

The vaccines now available for children ages 6 months through 4 years should provide the same protection.

How to talk to your adolescent child about getting vaccinated

It's normal for children, particularly adolescents, to have questions and concerns about getting vaccinated. Here are some tips for talking with your child, especially if they are afraid to get vaccinated or they don't want or feel the need to:

- **Make getting vaccinated the default choice.** Instead of asking your child if they want to get vaccinated, presume the answer is yes. Try saying something like: "Let's go get vaccinated." If they're still hesitant, consider these other tips below.
- **Frame your conversation around safety.** Explain why COVID is dangerous and how vaccination offers the best protection against the dangers of COVID.
- **Listen and respond with empathy.** Don't be dismissive of your child's concerns and feelings by, for example, calling them "silly." Instead, respond with: "I can understand why you feel or think that way." Then, offer fact-based information.
- **Help your child find their own reason to get vaccinated.** Talking through the reason can be motivating, whether it's to protect themselves or to be able to spend time with friends with less risk of anyone getting sick.

Make vaccine shots less stressful and painful for younger children

BEFORE

- Be honest with your child: Shots can pinch or sting, but they don't hurt for long.
- Help your child see vaccines as a good thing. Tell them vaccines keep them safe from germs that might make them sick.
- Don't tell your child scary stories or make threats about shots.

DURING

- Bring a favorite toy or blanket for your child to hug.
- Hold your child in a comforting position, such as on your lap.
- Distract your child, such as with a story, a video, or a conversation.
- Ask the vaccine provider if they have a numbing ointment or spray to apply beforehand.

AFTER

- Hug and praise your child.
- Remind your child why vaccines are good. Tell them their body is already making germ fighters to keep them safe and healthy.
- Consider rewarding your child, such as with a fun, healthy activity or a sticker.

Everyone 6 months and older should get vaccinated.
To find COVID vaccines for your child:

- Go to vaccines.gov
- Text your ZIP code to 438829
- Call 1-800-232-0233
- Scan the QR code
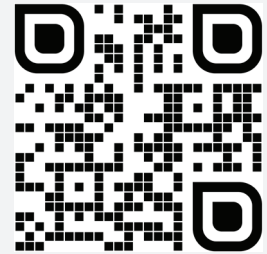
For more information, talk to your child's pediatrician or your family physician.
You can also check out **cdc.gov/coronavirus**.