

# WHAT FAMILIES NEED TO KNOW ABOUT COVID-19 VACCINES



## Is the vaccine safe?

- COVID-19 vaccines are safe and they work.
- These vaccines cannot give you COVID-19. You may have side effects after vaccination, but these are normal.
- Millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone the most intensive safety monitoring in U.S. history.
- The COVID-19 vaccine is both **safe and effective in children ages 12 and older**. Safety is a top priority for the vaccine, and the FDA's approval is based on safe clinical trial results.
- Parents should review reliable information about the safety and importance of getting the COVID-19 vaccine for their kids. Doing this research can help you understand [common myths about the vaccine](#).

## Where can I get a vaccine in Sacramento?

- In Sacramento you can go to many different locations such as health clinics and hospitals, Safeway Pharmacies, CVS, Rite Aid, Walgreens, Walmart, Cal Expo, Cal NorthState, Sacramento State, Cal Expo, McClellan Park and other smaller community sites.

## Who can get a vaccine?

- Starting this week, **everyone age 12 or older** can get a COVID-19 vaccine. Vaccines are expected to be approved for children under 12 later this year.
- Parental consent is required for youth under 18.
- **Youth who are under 18 will need to get the Pfizer vaccine.** The other two brands (Moderna and Johnson & Johnson) are not approved for anyone under 18.

## Do I need an appointment to get vaccinated?

- Some locations ask you to have a scheduled appointment but many are now taking walk-ins without an appointment.
- You can make an online appointment at <http://bit.ly/SacCountyVaccine> or <https://myturn.ca.gov/>
- Many sites are taking phone appointments.
- If you need help making an appointment you can call 211 or (916) 529-4519.

## What should I bring with me to the vaccine appointment?

- Any form of identification with a name and a birthday, if available.
- U.S. Citizenship or legal residency is not required.
- Insurance is not required. All vaccines are **FREE**.

## What are the benefits of vaccinating children for COVID-19?

The COVID-19 vaccine is very effective keeping people from getting COVID-19. The benefits of vaccinating children include:

- **Protecting children from illness:** While children are less likely to get really sick from COVID-19, they can still get sick. The long-term effects of COVID-19 in children are not yet known. In some people, COVID-19 has caused [long-lasting symptoms](#), including fatigue, difficulty breathing, joint pain and even

depression and anxiety. COVID-19 has also been linked to cases of a rare, potentially serious condition known as multisystem inflammatory syndrome in children (MIS-C).

- **Protecting the community:** Children do get COVID-19, and they spread the virus to others. This is a very contagious virus, and we need a high level of immunity to stop its spread. Children under 18 represent about 24% of the population in Sacramento. To protect our whole community we need to get children immunized. This is especially important for protecting high-risk people. If someone in your family has a weakened immune system, you want to make sure everybody around them is immunized.
- **Preventing COVID-19 variants:** Stopping the spread of COVID-19 is very important for stopping new variants from developing. The more the virus spreads from person to person, the more chance it has to change into a more infectious or dangerous strain.
- **Improving well-being for children:** Finally, by vaccinating children and reducing outbreaks, communities can move one step closer to regular school schedules, sports, playdates and extracurricular activities for kids. This is important for the physical and mental health of children who have been missing those opportunities for the past year.

### Are there side effects of the COVID-19 vaccine in children?

- Children may have some of the same COVID-19 vaccine side effects reported in adults, including:
  - chills
  - fever
  - headache
  - muscle pain
  - nausea
  - tiredness
  - pain in the arm near the shot site
- These side effects may be more common after the second dose and are a sign that your body is building protection. Side effects typically go away within 1-2 days after vaccination.

### If someone in my family already had COVID-19, should they still get the vaccine?

- **Yes**, once you have finished your 10 day isolation period you can receive the vaccine.
- While people who have recovered from COVID-19 do appear to have some immunity to the virus, we still don't know how powerful that immunity is — or how long it lasts. The vaccine produces antibody response in most everyone.
- The data shows that is the vaccine is actually doing a better job than nature in terms of building immunity.
- We know the vaccines are 95% effective in preventing you from getting COVID-19.



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