

Vax Facts

For Youth!

Learn About the COVID-19 Vaccines

every
shot
counts



Everyone's talking about COVID-19 vaccines and we know you may have many questions about how they work, if they're safe, how they'll protect you and if you should get one. These answers can be complex and complicated, but don't worry – we've got you covered!

We've answered top questions from youth (like you!) below and encourage you to check them out to ensure you have the right information to make the best decision about how to protect you and your friends and family.

The COVID-19 Vaccine and Me

Do I have to get vaccinated?

While we encourage you to get vaccinated if you're able to, getting the shot is totally up to you.

How old do I have to be to get the COVID-19 vaccine?

Anyone 12 and older can be vaccinated starting May 31st.

What vaccine will I get?

Anyone between 12 and 17 years old will get the Pfizer vaccine. Similar to other shots you've had (like the Grade 7 Hepatitis B vaccine) you will need to get two shots to make sure you're as protected as possible against COVID-19.

Why should I get vaccinated?

Getting the vaccine is the most effective way of reducing your chance of getting COVID-19. Right now during the third wave in Ontario, doctors are seeing younger people testing positive for COVID-19 and the vaccine protects you from getting the worst symptoms that may lead to being in the hospital and sometimes even death.

What happens if I don't take my shot?

Without taking a shot, you will be less protected against COVID-19. While we don't know for sure, it's possible that being vaccinated will be required for you to partake in activities in the future like travelling or going to concerts.

Is there any reason why I shouldn't get the vaccine?

The vaccine is recommended and safe for most people. If you're concerned about any medical conditions or allergies please share them with your caregiver or an adult. If need be, together you can speak with your doctor.

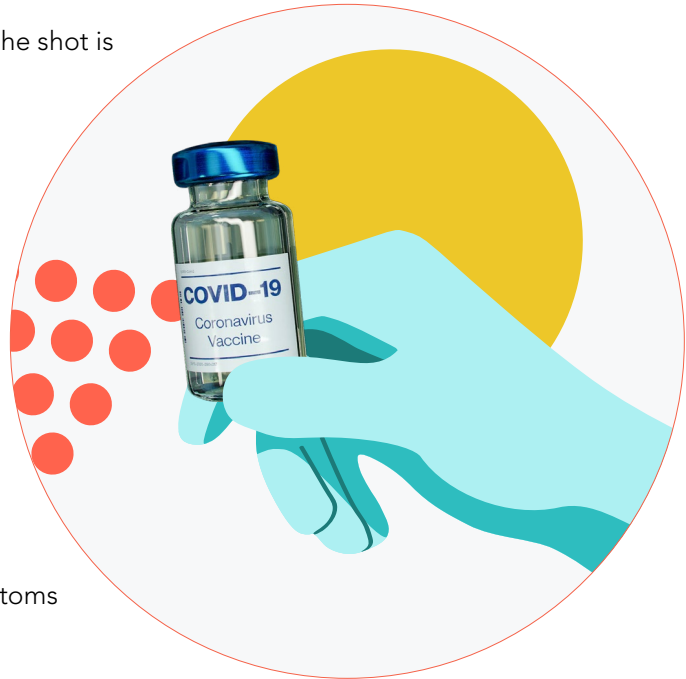
About the Vaccine

Is the vaccine safe?

Yes! The Pfizer vaccine has been rigorously tested and is safe and being used around the world. Millions of people have already had theirs.

How does the Pfizer vaccine work?

The Pfizer vaccine is a type of medicine that keeps you from getting sick in the first place. It does this by teaching your body to make antibodies that latch onto bits of the COVID-19 virus to stop them from infecting you. The Pfizer vaccine is like putting on a seatbelt when you get in the car. The seatbelt keeps you safe if you should get in an accident, and



by putting it on no matter what, you will always be prepared for the worst. By getting vaccinated your body will be prepared for the virus if you should happen to encounter it and illness can be prevented.

Watch this video to learn more: <https://youtu.be/uWGTciX795o>



Does getting a vaccine hurt?

Getting vaccinated may feel like a tiny pinch or you may feel nothing at all!

If you are worried, tell your caregiver or the person giving you your vaccine. They have lots of strategies to help people that are nervous, anxious or worried about needles.

What are the side effects of getting the vaccine?

After getting the vaccine, you may experience some side effects like a sore arm or feeling tired the next day. These are totally normal and mean that the vaccine is getting to work. But! A lot of people don't have any side effects and that's okay too.

After getting your shot, you still need to wear a mask and practice social distancing. When more people get vaccinated these rules will change – we can't wait for that!

Preparing For My Shot

Where and when can I get my first vaccine?

Beginning the week of May 31, anyone who is 12 -17 years old who lives in Ontario will be able to book an appointment. There will also be special "youth and families clinics" happening throughout the weeks of June 14 and 21.

Some clinics will offer appointments and others will be drop-in clinics, the choice will depend on where you live. Please work with your caregiver or an adult to help find the time and place that works for you to vaccinated using the link [here](#).

Where and when can I get my second vaccine?

The plan is for young people to have both shots by the time school starts in September.

Most clinics will give you the appointment for your second shot at your first appointment, but the process depends on the clinic — so ask before you leave!

How will I get to my appointment?

Make a plan in advance with your caregiver or an adult if you need help getting there. Most clinics recommend showing up no more than 15 minutes before your appointment but try not to be late, so you don't miss your time slot.

What happens on the day I get vaccinated?

Once you arrive at the vaccination clinic, you'll be asked to line-up and fill out a form with some details about yourself, including a phone number or email address where you can be reached, along with your signature. In Ontario, people are able to give consent for the health care decisions they understand, but some clinics, depending on your age and where you live, may ask that an adult is there with you. So if you can, attend your appointment with a trusted adult: a parent, guardian, foster carer, or worker.

When it's your turn, the person giving you the shot will make sure that you understand what that vaccine is about and answer any of your questions *before* they give you the vaccine.

After you get your shot you'll have to wait 15 minutes to make sure you are somewhere safe in case you have any reaction to the vaccine — super unlikely but good to be extra cautious!

Most clinics will give you a paper and email "receipt" that is proof that you got your vaccine. Some clinics will give you an appointment for your second shot. Every clinic will be a bit different so if you have any questions, ask before you leave.

Hang onto this receipt as you might have to show it later! Make sure you take a picture of the receipt to save it. If you get it by email, please don't delete it.



What if I don't have ID or my OHIP card?

Everyone in Ontario can get the vaccine for free!

If you don't have ID or an OHIP card, talk to an adult to figure out how to access the shot in your community. They can write you a letter to say who you are, and put you in touch with someone who can get you access to a clinic that doesn't require ID.

Where can I go for more info?

Instagram	TikTok
@covid19vaccinefacts	@dr_faith_uwadiae
@punjabikidshealth	@anna.blakney
@scienceupfirst	@dr.noc
@bc19tf	#teamhalo

Thanks to our friends in the Department of Pediatrics at St. Michael's Hospital, Unity Health Toronto for helping us answer these questions!