



## COVID-19 vaccinations

# A guide for parents of children aged 5 to 11 years of age at high risk

### Who is at higher risk from COVID-19 infection?

Children at serious risk from the complications of COVID-19 infection include those with:

- severe neurodisabilities
- immunosuppression\* – those whose immune systems don't work as well and those who live with someone who is immunosuppressed
- profound and multiple or severe learning disabilities
- being on the learning disability register
- those with Down's syndrome
- those with long term serious conditions affecting their body. Your GP will know if they need to have the vaccine

The vaccine is also recommended for those children living with people who have a weakened immune system (who are immunosuppressed). This is to reduce the risk of them passing on the infection to their family members.

All these children and young people who are aged 5 to 11 years of age should have the COVID-19 vaccinations.



\*Children with very severely weakened immune systems, may need an extra (third) dose from 8 weeks after their second dose.

## What is COVID-19 or coronavirus?

**COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus.**

Most children who get COVID-19 have no symptoms. Those that do, have mild symptoms like a bad cold.

A few children and young people will get very poorly and have to go to hospital.

## About the vaccine

Children will be offered the Pfizer COVID-19 vaccine. Each vaccine is a third of the dose of vaccine that is given to older children and adults.

Your child needs 2 injections of the vaccine usually 8 weeks apart. The vaccine has been tested to make sure it is as safe as possible.

## Knowing if your child should have a vaccine

Your GP (family doctor) or specialist should advise you about the COVID-19 vaccinations for your child.

Some parents may receive a letter, or a phone call to invite them for to make an appointment for their child to be vaccinated.

## Can you give the COVID-19 infection to anyone after you have had the vaccine?

Having the vaccine makes your child less likely to get very ill from COVID-19. It will help to stop them from catching and passing on the virus.

## Common side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term and not everyone gets them.

The very common side effects should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose than the first dose.

## Common side effects include:

- their arm feeling heavy or sore where they had the injection
- feeling achy or like they have the flu
- feeling tired
- having a headache

If they feel feverish (like they are very hot or very cold) they should:

- rest
- take paracetamol (please check that the dose and type of paracetamol is correct for their age)
- you can find more information on paracetamol here [www.nhs.uk/medicines/paracetamol-for-children](http://www.nhs.uk/medicines/paracetamol-for-children)

They should feel better in less than a week.

## Rare but serious side effects

Worldwide, there have been recent, rare cases of inflammation of the heart reported after the adult dose of COVID-19 vaccines.

These cases have been seen within a few days of vaccination.

Most people felt better after a few days of simple treatment.

You should seek medical advice urgently if your child experiences:

- chest pain
- shortness of breath
- feelings of having a fast-beating, fluttering or pounding heart

If you are worried about your child call 111 or go to the 111 website. Make sure you tell them about the vaccine, or show them your child's record card.

If you think they have had a serious side effect from the vaccine you can report it using the Coronavirus Yellow Card scheme. See back page.

## How to book your appointment

If you receive an invitation letter, it will explain how to make the appointment for your child. They may be offered it through a local GP practice, another vaccination site, or their specialist in clinics. You will get told where to go for your child's vaccinations and when.

## What to do next

When your child has had their first injection, you should get a record card. You should keep this card and bring it with you when taking your child for their next appointment.

This will be in 8 to 12 weeks time.

Although the first dose will give them good protection, they will need the second dose to get longer-lasting protection.

Keep their card safe and make sure you take your child to get their second injection.

## How long does the vaccine take to work?

It can take a few weeks for the vaccine to protect your child.

## Does the vaccine work for everyone?

The vaccine doesn't completely stop everyone getting COVID-19, but if they do, it should still stop them from being very poorly.

## What to do if your child is not well when it is their next appointment

Your child should not attend a vaccine appointment if they are self-isolating, waiting for a COVID-19 test or you are unsure if they are fit and well.

If your child has tested positive for COVID-19, you should wait 4 weeks from the test for your child to have their first or second vaccine.



## After the vaccine

You and your child should still try to avoid catching COVID-19 infections by:

- following current advice on wearing a face mask
- meet outdoors or if indoors, let fresh air in
- wash your hands carefully and often
- follow the current guidance ([gov.uk/coronavirus](https://www.gov.uk/coronavirus))

## Signs of COVID-19

- a new and persistent cough
- a high temperature
- loss of smell or taste

If you have the **symptoms** above, stay at home and arrange to have a test.

Further information on symptoms is available on NHS.UK.

If you cannot use the NHS website, phone 111 free of charge.

## Further information

The Yellow Card scheme is a website where you can report any side effects from the vaccine. You can also call 0800 731 6789.

You can report suspected side effects on the website using the QR code below or by downloading the Yellow Card app.

You can also read the product information leaflet for more details on your vaccine, including possible side effects, on the Coronavirus Yellow Card website.



[coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)



**Vaccination, helping to protect those most vulnerable.**

© Crown copyright 2022. Version 1 JAN 2022. 50K 1p JAN 2022 (APS).

UK Health Security Agency Gateway number: 2021908. Product code C21CFE10EN.

Copies of this leaflet will be available in 27 languages, braille and BSL video from the website below.

To order more copies of this leaflet visit [www.healthpublications.gov.uk](https://www.healthpublications.gov.uk) or phone: 0300 123 1002 (8am to 6pm, Monday to Friday).



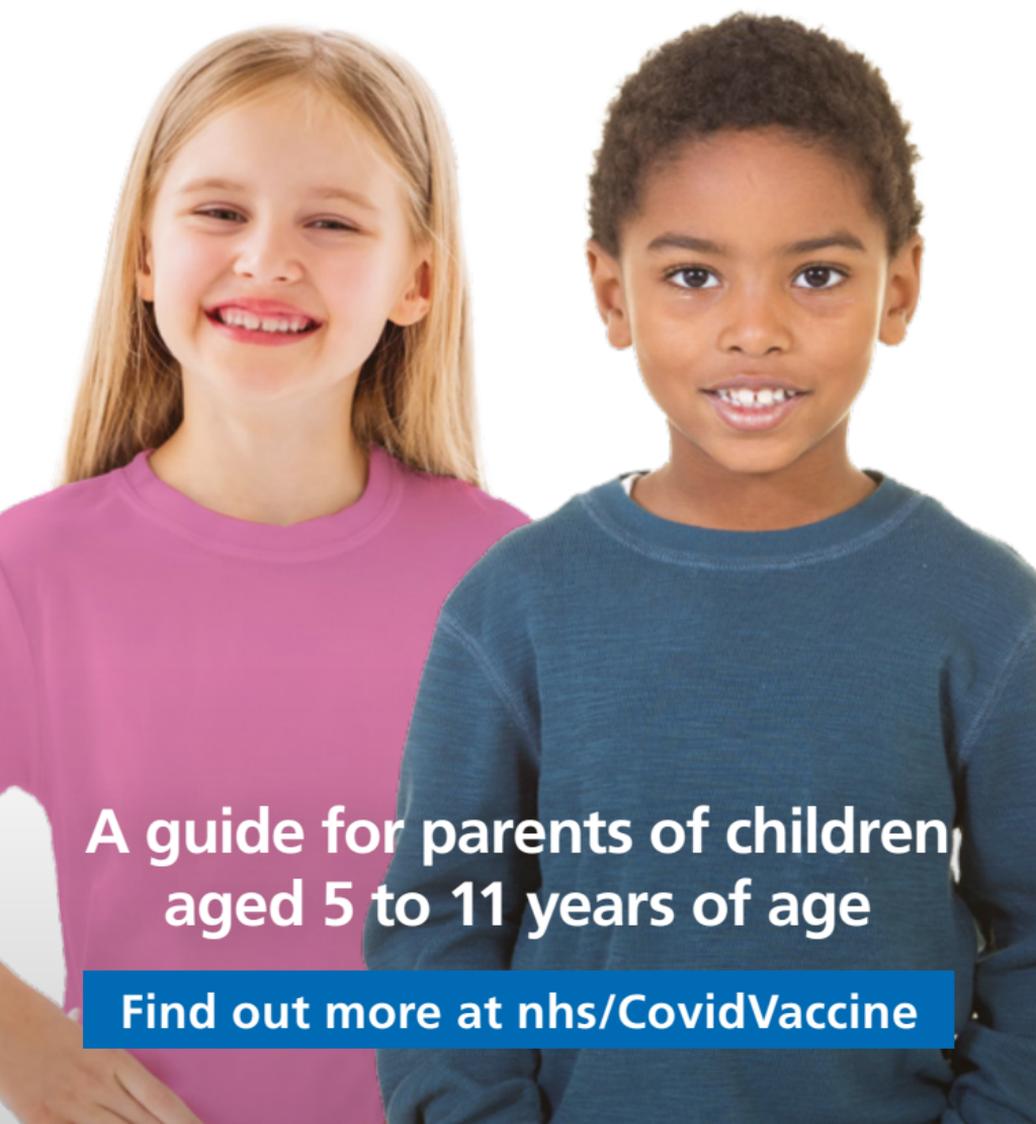
UK Health  
Security  
Agency

**NHS**



What to expect after your child's

# COVID-19 vaccination



A guide for parents of children  
aged 5 to 11 years of age

Find out more at [nhs/CovidVaccine](https://www.nhs.uk/CovidVaccine)



**The NHS is offering  
the COVID-19 vaccine  
to all eligible children.**

This leaflet tells you what  
to expect after your child  
has had their vaccination.

## Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term and not all children get them. The very common side effects should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose of the vaccine.

Very common side effects in the first day or two include:

- having a painful, heavy feeling and tenderness in the arm where they had their injection
- feeling tired
- headache, aches and chills

They may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature could also indicate that they have COVID-19 or another infection.

They should rest. You can give them paracetamol to help make them feel better. Please check that the dose and type of paracetamol is correct for their age.

You can find more information on paracetamol here [www.nhs.uk/medicines/paracetamol-for-children](http://www.nhs.uk/medicines/paracetamol-for-children).

An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm as they had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor.

## What to do if you are concerned about their symptoms

These symptoms normally last less than a week. If their symptoms seem to get worse or if you are concerned, you can call NHS 111. If you do seek advice from a doctor or nurse, make sure you tell them about their vaccination (show them the vaccination card) so that they can assess your child properly.

You can also report suspected side effects of vaccines and medicines online through the [Yellow Card scheme](#) or by [downloading the Yellow Card app](#).



[coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)

## Are there other more serious side effects?

Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines.

These cases have been seen mostly in younger men within a few days after vaccination. Most of these people recovered quickly and felt better following rest and simple treatments.

You should seek medical advice urgently if your child experiences:

- chest pain
- shortness of breath
- feelings of having a fast-beating, fluttering, or pounding heart

## **Can your child catch COVID-19 from the vaccine?**

Your child cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise that they have the symptoms until after their vaccination appointment.

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, their normal sense of taste or smell (anosmia)

Although a fever can occur within a day or two of vaccination, if your child has any other COVID-19 symptoms or their fever lasts longer, stay at home and arrange to have a test.

## What to do next



After your child's vaccination, you should be given a record card. If your child needs a second dose their next appointment will be in about 8 to 12 weeks time. The second dose will give them longer lasting protection.

**Keep your child's record card safe.  
If your child needs a second dose, don't forget to keep your next appointment.**

## If your child is not well for their appointment

If your child is unwell, it is better to wait until they have recovered to have their vaccine.

Your child should not attend a vaccine appointment if they are self-isolating or waiting for a COVID-19 test. Ideally you should wait 12 weeks after your child has had a positive COVID-19 test or at least 4 weeks if your child is at higher risk.

## Will the vaccine protect your child?

The COVID-19 vaccine that your child has had has been shown to reduce the chance of them suffering from COVID-19 disease.

Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.

It may take a few weeks for your child's body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid your child picking up the infection.

Some children may still get COVID-19 despite having a vaccination, but this should be less severe.

## What your child can do after they've had the vaccine

The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill.

It is still important to continue to follow current national guidance. Your child can continue going to school, after they have had the vaccine.

To protect yourself and your family, friends and colleagues, you must still:

- think about social distancing
- wear a face mask where advised
- wash your hands carefully and frequently
- open windows to let fresh air in
- follow the current guidance ([gov.uk/coronavirus](https://www.gov.uk/coronavirus))



## How COVID-19 is spread

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.

## Further information

Please read the product information leaflet for more details on the vaccine, including possible side effects, on the Coronavirus Yellow Card website.

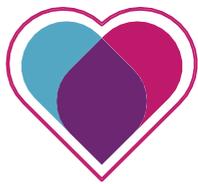
You can also report suspected side effects on the same website or by downloading the Yellow Card app. Further information is available from [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination).



© Crown copyright 2022. V1 1p 500K JAN 2022 (APS)  
UK Health Security Agency gateway number: 20211044.  
Product code: C22W511EN.

This leaflet is also available as an Easy Read version, braille, large print, and in Albanian, Arabic, Bengali, Bulgarian, Chinese, Estonian, Greek, Gujarati, Hindi, Panjabi, Latvian, Lithuanian, Polish, Portuguese Brazilian, Romany, Romanian, Russian, Somali, Spanish, Turkish, Twi, Ukrainian and Urdu paper copies.

To order more copies of this leaflet visit [www.healthpublications.gov.uk](http://www.healthpublications.gov.uk) or phone: 0300 123 1002 (8am to 6pm, Monday to Friday).

**COVID 19**

# Vaccination consent form for children and young people

The COVID-19 vaccine is being offered to your child. Your child will receive their first COVID-19 vaccine and you may be notified about the second dose later. The leaflet sent with this form includes more information about the vaccines currently in use. Please discuss the vaccination with your child, then complete this form before it is due. Information about the vaccinations will be put on your child's health records.

Child's full name (first name and surname):	Date of birth:
Home address:	Daytime contact telephone number for parent/carer:
NHS number (if known):	Ethnicity:
School (if relevant):	Year group/class:
GP name and address:	

## Consent for COVID-19 vaccination (Please complete **one** box only)

<b>I want</b> my child to receive the COVID-19 vaccination	<b>I do not want</b> my child to have the COVID-19 vaccine
Name:	Name:
Signature: Parent/Guardian	Signature: Parent/Guardian
Date:	Date:

If after discussion, you and your child decide that you do not want them to have the vaccine at school, it would be helpful if you would give the reasons for this on the back of this form.

Ask for the [What to expect after your COVID-19 vaccination leaflet](https://www.gov.uk/government/publications/covid-19-vaccination-resources-for-children-and-young-people) at [gov.uk/government/publications/covid-19-vaccination-resources-for-children-and-young-people](https://www.gov.uk/government/publications/covid-19-vaccination-resources-for-children-and-young-people). It will tell you about the side effects and how to report them to the [Coronavirus Yellow card scheme](https://www.coronavirus-yellowcard.mhra.gov.uk) at [coronavirus-yellowcard.mhra.gov.uk](https://www.coronavirus-yellowcard.mhra.gov.uk).

### OFFICE USE ONLY

Date of COVID-19 vaccination	Site of injection (please circle)	Batch number/ expiry date	Immuniser (please print)	Where administered ( hub, PCN, GP etc)
First	L arm      R arm			
Second	L arm      R arm			