

Dear patients,

As you may have heard, Health Canada and the National Advisory Committee on Immunizations have completed their careful review and recommended the Pfizer COVID-19 vaccine for children aged 5-11.

As healthcare providers and parents, we will be vaccinating our own children because the research shows that the vaccine is safe and effective.

Why should you vaccinate your children?

- The vaccine reduces risk of getting COVID-19 by 90%
- Avoiding illness means not missing school or activities
- Avoiding illness means less chance of passing infection on to others

Quick facts:

- The dose for children aged 5-11 is one-third the dose for teens and adults
- In Ontario, the dose will be given about 8 weeks apart. This helps to boost the immune response and reduces the risk of side effects
- The most common side-effects are similar to other vaccines that your children may have experienced, such as mild pain at the injection site, headache, and fatigue. These can be managed by Tylenol and get better in 1 to 2 days

We know you want the best for your children and that you likely have a lot of questions. Most children who do get COVID-19 recover easily, some will be unlucky enough to end up in hospital or have long-lasting illness. We want to help protect your children from this possibility.

Here are some trusted resources where you can get more information:

- [“Max the Vax”](#) is an excellent website produced by the Canadian Medical Association that includes answers to common questions and links to videos, articles and more
- [The University of Waterloo](#) School of Pharmacy has several relevant resources put together by a group of patients, scientists, doctors, and pharmacists, who have no conflicts of interest. These include videos and this [two-page FAQ](#) on the COVID-19 vaccines for children
- These are two great resources for managing pain and anxiety: [the CARD system](#) and this [guide for families](#)
- [About Kids Health](#) and [Kids Health First](#) are reliable sources of information on children’s health and will have information on the COVID-19 vaccine in children
- The [vaccine consult service](#) run by the Hospital for Sick Children offers free telephone consultations to parents and children who have questions

You can book your child’s vaccination appointment at the following [link](#).

In the meantime, if you have any questions, please contact us to make an appointment. We would be very happy to speak with you.