



What to expect after your child's

COVID-19

VACCINATION



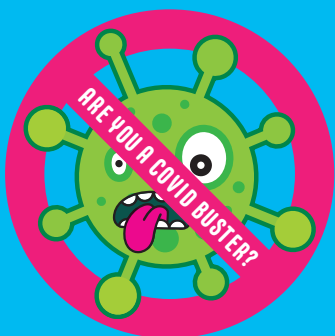
A guide for parents of children
aged 5 to 11 years of age

Find out more at gov.je/vax



Jersey's Vaccination Programme 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. Common side effects should only last a day or two and are much milder and short-lived than the symptoms of acute and long COVID infection, which the vaccine is designed to prevent. 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

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

If your child is feeling unwell 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.

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 the Coronavirus Helpline on **0800 735 5566**. 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

Are there other more serious side effects?

Recently, very rare cases of mild inflammation of the heart have been reported after COVID vaccines. These have mostly been

seen in younger men rather than children. Myocarditis caused by vaccination is mild and short lived and there is no evidence it causes long term illness. In contrast, viral myocarditis, such as that caused by COVID-19 infection, is both more severe and frequent.

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 associated symptoms until after their vaccination appointment.

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

- a new continuous cough
- a high temperature
- a runny nose and sore throat

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 approximately 12 weeks time. The second dose will give them longer lasting protection.

Keep your child's record card safe. When your child needs a second dose, don't forget to bring it to 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 received 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.

Children who get COVID despite vaccination will have less severe disease.

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

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

To protect yourself, your family, friends and colleagues, you should 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 public health guidance: gov.je/coronavirus

How COVID-19 is spread

COVID-19 is spread through droplets and aerosols 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.

