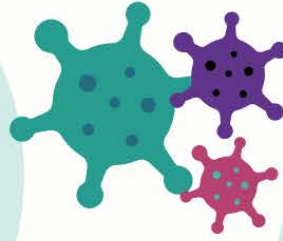


COVID-19 VACCINES FOR CHILDREN UNDER 5

WHAT YOU SHOULD KNOW

1

Many children have been infected with COVID-19. Children can become severely ill, hospitalized and die from this virus.



2

Vaccines help prevent people from getting ill and from having long-term effects from COVID-19. **Children deserve that protection too.**

3



Doctors want you to know COVID-19 vaccines are safe - for children too! Millions of children have been vaccinated and the US continues to monitor safety.



4

Call your child's doctor or healthcare provider today to see how they will be offering COVID-19 vaccine appointments since this is the best place for them to be vaccinated!



5

No one likes shots! Even adults don't like them. Make a plan for how you can support your child during and after their shots.

Illinois Chapter

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American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Illinois Department of
DCFS
Children & Family Services

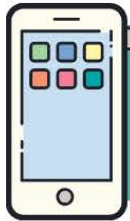




Planning for COVID-19 Vaccines for Children under 5



Be assured that COVID-19 vaccines are safe and effective. They protect against severe illness, hospitalization and death from COVID-19.



Ask your child's doctor now about how they are going to schedule vaccine appointments when a vaccine is available.



The best place for your child to be vaccinated is at their doctors office. Know that pharmacies cannot vaccinate children under 3.



When your child gets their COVID-19 vaccine, they can get their other vaccines at the same time. This helps you save trips, money and stress!



Prepare to support your child during and after their shots. Know that side effects from vaccines are normal - and will likely be mild and short!



Vaccinating your child is one of the best things you can do to protect them and those around them. Celebrate your decision to vaccinate your child.



TIPS & TRICKS TO HELP YOU AND YOUR LITTLE ONE GET THROUGH THE NEEDLESTICK

Before



Plan to hold your infant or toddler upright during their shot. A comforting hold can help by:

- Providing a feeling of safety
- Keeping your child from being scared – you'll be holding them rather than having to overpower or fight them
- Allowing the vaccine to be given carefully

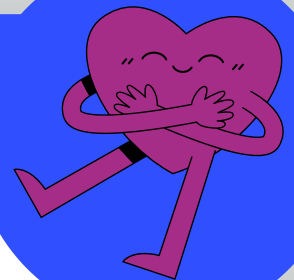


If you breastfeed, plan to breastfeed before, during and for a few minutes after the vaccination. If you don't breastfeed, ask if your healthcare provider has sugar water, sometimes called Tootsweet.™

Check in with your own feelings.

It can be hard to see your child get a vaccine, remind yourself that you are doing the best thing for them by getting them vaccinated. Children feel calmer when you are calm. If you are nervous, take a few slow deep breaths so your belly expands, not your chest. You can do this kind of breathing anytime!

During: Holding



Different Positions

Swaddle (for babies)

1. Swaddle your baby
2. Take out the leg that the vaccine will be administered to

Back-to-Chest

1. Hold the child on your lap facing away from you
2. Place your arms over their arms for a hug-like hold
3. For older children, anchor your child's feet between your thighs/legs or hold with your other hand

Sideways Lap Sit

1. Have your child sit on your lap facing sideways
2. Secure the child's arm with your own arm
3. Secure their legs with your own leg

Chest-to-Chest

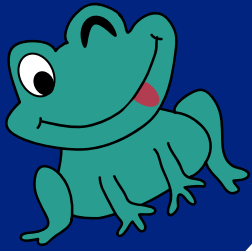
1. Have your child sit on your lap facing you
2. Wrap their legs around your waist
3. Their arm can go under or over your arm



Use your normal speaking voice and tone. Stay positive. Stay Calm.

More important information on the other side

TIPS & TRICKS TO HELP YOU AND YOUR LITTLE ONE GET THROUGH THE NEEDLESTICK



During

Distract them. Help your child focus their attention somewhere else during their vaccine.

For babies up to 12 months

- Softly talk or sing songs
- Gently cuddle them
- Offer a pacifier
- Breastfeed (children older than 12 months too!)

For toddlers ages 1 to 3 years

- Read a story
- Play a video on a phone/tablet
- Offer a favorite or new toy
- Give them a job or task

For preschoolers ages 4 to 6 years

- Count, say the ABCs or sing with them - let them fill in some of the numbers or words
- Read a story
- Let them watch a video on a phone or tablet
- Play a game that doesn't require moving (like I spy)
- Ask them to tell you what they see in the space you're in or what they want for dinner

After

Be extra loving, kind and supportive. Hold and cuddle your child.

Keep an eye on them.

Some vaccines cause short term pain or discomfort – and your child may be fussy after their shot because of this. Remember you're protecting them from diseases that can hurt a lot more – and the hurt from those diseases last a lot longer or a lifetime!

- If your child's leg or arm is red or swollen, you can apply a clean, cool, wet washcloth for comfort.
- If your child is in pain, you can give them the recommended dose of acetaminophen or ibuprofen. *Do not give aspirin.*

Call your child's healthcare provider if you have any questions or concerns.

