



American Academy of Pediatrics
Orange County Chapter
INCORPORATED IN CALIFORNIA

What Every Parent Needs to Know After their Tween or Teen Gets the COVID-19 Vaccine

What should I do with their vaccination card?

Take a picture of it in case anything happens to it and store the vaccine card in a safe place. Additionally, bring it to your child's pediatrician so they can have it on record. There is no need to laminate it.

What are the side effects? Are there any different side effects for kids?

The most common side effects are fever, soreness, muscle aches, and fatigue. Any side effects are typically short-lived and ease within 24-48 hours. Because adolescents have stronger immune systems, it's possible that they may feel these side effects more than adults would. This is a sign that their immune system is mounting a response and making protective antibodies against the virus.

If side effects do appear after the vaccination, what can be used to treat them?

It is safe to treat side effects, if they occur, with over-the-counter pain medicine, such as ibuprofen or acetaminophen. Sleep, fluids, and good nutrition are also recommended.

Should my child stay home from school after the shot?

If they have a fever, your child should stay home. Otherwise there is no need to limit activities.

What if my child is exposed to COVID-19 after they've been vaccinated?

Once two weeks have passed since their second dose, they have reached full immunity and there is no need to self-isolate after exposure to someone with COVID-19. Still monitor them closely. If COVID-19 symptoms surface, begin self-isolation and contact your pediatrician.

After receiving both doses, can my child stop wearing a mask?

Once vaccinated, your child does not need to wear a mask in most indoor and outdoor places except when there are specific recommendations as determined by that location or as determined by the Centers for Disease Control and Prevention (CDC). These include doctors' offices, hospitals, airports, and government buildings. Guidance is

changing as more people get vaccinated, so please follow the latest recommendations from the CDC and your local health department.

How will this change socializing for my child?

It will open up their world! Adolescents and families alike can have more peace of mind about the safety of resuming sports, school, summer camp, and family vacations.

Should I be concerned about having my older vaccinated teen around their younger siblings who are not?

No. These children were already interacting with each other in the same household before your adolescent received the vaccine. Now it's even safer for younger children and the entire family who benefit from this protection.