

COVID-19 Vaccination Side Effects in Children and Teens

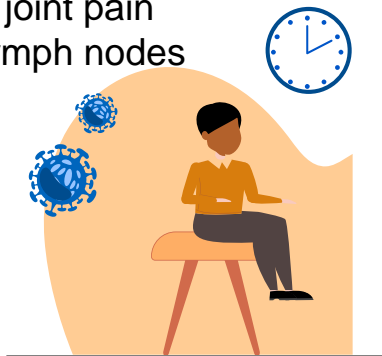
COVID-19 vaccination will help protect you from getting COVID-19.

- People may have some side effects after getting their COVID-19 vaccine.
- These side effects are typically mild, temporary, and similar to those experienced after routine vaccinations.
- Some people have no side effects.
- Younger children may experience fewer side effects after COVID-19 vaccination than teens or young adults.

Common Side Effects

For children 4 years and older

1. Chills
2. Muscle or joint pain
3. Swollen lymph nodes



For children 3 years and younger

1. Pain where the shot was given
2. Swollen lymph nodes
3. Irritability or crying
4. Sleepiness
5. Loss of appetite



Helpful Tips for your Child's COVID-19 Vaccination

Making COVID-19 vaccinations less stressful and painful for your child.

Getting vaccine shots can be scary for children. Here are some helpful tips to make this experience comfortable and calm for your kiddos

Before the vaccination

- Be honest with your child: Shots can sting initially, but they don't hurt for long
- Explain to your child why the vaccines are good for them and how it keeps them safe from germs that can make them sick



During the vaccination

- Bring a favorite toy or blanket for your child to hold on to
- Hold your child in a comforting position like on your lap or by your side
- Distract your child, with a fun story, video or conversation
- Ask the vaccine provider if they have a numbing ointment or spray to apply before the shot

Helpful tips

To reduce discomfort from fever

- Drink plenty of fluids
- Dress lightly

To reduce pain and discomfort where the shot is given

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm



CDC does not recommend taking any medication before COVID-19 vaccination to prevent vaccine-related side effects

*If you have pain or discomfort after getting your vaccine, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. **Aspirin is not recommended for use in children and adolescents less than 18 years of age.***

CDC Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/side-effects-children-teens.html>

Information from CDC current as of **June 19, 2022**