

### Potential concerns

- History of allergies: Children with more severe allergies to things not listed above usually do not have a problem with the COVID-19 vaccine. They will be asked to wait about 30 minutes after the shot to monitor symptoms.
  - Myocarditis and pericarditis (heart inflammation): CDC has received reports of myocarditis and pericarditis in teens and young adults after the Pfizer, Moderna, and Novavax vaccines. It is more common among males. This rare condition does not appear to be linked to any underlying health conditions. Most cases have been mild and are treatable.
- The known benefits of COVID-19 vaccination far outweigh the risks.  
Learn more at CDC: Myocarditis and Pericarditis After mRNA COVID-19 Vaccination ([www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html)).

### COMMON SIDE EFFECTS

Similar to other routine immunizations, some people have side effects after getting the COVID-19 vaccine. Side effects usually last one or two days and usually do not prevent the person from participating in daily activities. After getting the COVID-19 vaccine a person may have:

A sore arm

Muscle aches

Tiredness

Headache

Fever/chills

Youth may have these side effects after vaccination that make them uncomfortable, but there are steps you can take to help them feel better, like giving them non-aspirin pain relievers (Tylenol or Ibuprofen) or making them comfortable with quiet activities. If you have serious side effects, go to a hospital or call 911.

### Requesting accommodations

When you make an appointment or arrive at the vaccine site, make sure you let the staff know that the child in your care might need some extra help. For example, maybe they are unable to wear a mask or sit and wait after the shot. Perhaps bright lights and noisy rooms bother them. You can ask for accommodations such as:

- Walking around after the shot instead of sitting.
- Having their favorite companion accompany and help them during the appointment.
- Having someone vaccinate them in your car.
- Getting vaccinated in a quiet room away from the crowds.

The In-Home Vaccination Program (<https://mn.gov/covid19/vaccine/in-home/>) provides COVID-19 vaccinations and boosters to Minnesotans in their home if they are not able to go to a clinic or other vaccine location to get vaccinated.

Questions? Health care providers will be available to answer your questions at the COVID-19 vaccination appointment. However, if you have any questions before then, ask a trusted health care provider.