

Ministry of Health

# COVID-19 Vaccine Information Sheet: For Youth (age 12-17)

Version 5.0 September 15, 2021

## Highlights of changes

- New guidance on eligible third dose populations (page 3)

This document provides basic information only and is not intended to provide or take the place of medical advice, diagnosis or treatment, or legal advice.

To date, the following COVID-19 vaccines have been authorized for use in Canada by Health Canada: [Pfizer-BioNTech COVID-19 vaccine](#), [Moderna COVID-19 vaccine](#), [AstraZeneca COVID-19 vaccine](#), [COVISHIELD COVID-19 vaccine](#), and [Janssen COVID-19 vaccine](#). Currently, the Pfizer-BioNTech COVID-19 vaccine is the only COVID-19 vaccine authorized by Health Canada for children aged 12 and up.

All [vaccines for COVID-19](#) authorized for use in Canada have been evaluated by Health Canada, using rigorous standards. Health Canada will continue to monitor all vaccines to make sure they are safe and effective.

**Please read this information sheet carefully and make sure all your questions have been answered by a health care provider before you get the vaccine.**

## What is COVID-19?

COVID-19 is an infection caused by a new coronavirus (Severe Acute Respiratory Syndrome Coronavirus 2 - SARS-CoV-2). COVID-19 was recognized for the first time in December 2019 and has since spread around the world to cause a global pandemic. COVID-19 is mainly passed from an infected person to others when the infected person coughs, sneezes, sings, talks or breathes. It is important to note that infected people can spread the infection even if they have no symptoms.

[Symptoms of COVID-19](#) can include cough, shortness of breath, fever, chills,

tiredness and loss of smell or taste. Some people infected with the virus have no symptoms at all, while others have symptoms that range from mild to severe. Children who get infected with COVID-19 typically experience mild symptoms. However, some children can get very sick requiring hospitalization. Children can also get a serious medical condition called "[Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#)." Like adults, children can experience more serious, longer-lasting symptoms (i.e. Long COVID, post-acute COVID-19 syndrome) that can affect their health and well-being and can transmit the virus to others if they are infected, even if they don't feel sick. In very rare cases, the virus can also cause death in children.

## How do the vaccines protect against COVID-19?

All vaccines work by presenting our body with something that looks like the infection so that our immune system can learn how to produce its own natural protection. This natural protection then helps to prevent future illness if you come into contact with the COVID-19 virus in the future. **You cannot get COVID-19 from the vaccine.**

More detailed information on how COVID-19 vaccines provide protection can be found on [Public Health Ontario's \(PHO\) COVID-19 Vaccines](#) webpage and [What You Need to Know About mRNA Vaccines](#) and [What You Need to Know About Viral Vector Vaccines](#).

**All COVID-19 vaccines authorized for use in Canada are effective at protecting against symptomatic, lab-confirmed disease.**

- It is important that you receive **all recommended doses** of the vaccine. Longer-term protection against COVID-19 is not achieved until after all recommended doses of vaccine are received. **All of the COVID-19 vaccines authorized for use in Canada are highly effective at preventing severe outcomes including hospitalizations, ICU admission, severe disease and death.**

## When is a third dose recommended?

The COVID-19 vaccines provide strong protection against illness and severe outcomes, and at this time third doses of vaccine are not recommended for the general population.

Certain populations that are moderately to severely immunocompromised may demonstrate a suboptimal immune response to a two-dose COVID-19 vaccine series due to underlying health conditions. There is also some evidence to indicate that the vulnerable elderly in high-risk congregate settings populations develop less of an initial immune response and exhibit more rapid waning of antibody. In these populations, a third dose of an mRNA COVID-19 vaccine is recommended as described in the [COVID-19 Vaccine Third Dose Recommendations](#).

It should be noted that there is limited evidence on the use of third doses of mRNA COVID-19 vaccines and the recommendation is based on expert opinion of the potential benefits for specific populations.

## Who can receive these vaccines?

A complete vaccine series should be offered to individuals without contraindications to the vaccine and in currently identified priority groups.

- The Pfizer-BioNTech COVID-19 vaccine is currently authorized for individuals 12 years of age and older.
  - As of August 18<sup>th</sup>, 2021 individuals turning 12 in 2021 (born in 2009 ) are eligible to receive Pfizer-BioNTech COVID-19 vaccine. This age group expansion for Pfizer-BioNTech was decided based on expert opinion and after close review of the experiences from other jurisdictions who have immunized this age cohort and have not seen safety concerns associated with this practice.

At the vaccination clinic, you will be counselled on the benefits and risks of the vaccine you are receiving prior to receiving the vaccine.

**Before receiving the vaccine, tell the health care provider at the clinic who is providing you with the vaccine if:**

- You are currently feeling unwell or have signs and symptoms of COVID-19.
- You have had a previous allergic reaction to a COVID-19 vaccine or any ingredients in the COVID-19 vaccines (listed below), or any other vaccine.
- You were diagnosed with myocarditis or pericarditis following a previous dose of COVID-19 vaccine.
- You have any allergies or allergic conditions.
- You are or could be pregnant or are breastfeeding. You can still get your vaccine if you are pregnant or are breastfeeding.
- You are immunosuppressed due to disease or treatment or have been diagnosed with an autoimmune condition.
- You have ever fainted or became dizzy after receiving a vaccine or a medical procedure, or you have a fear of needles. The healthcare provider may offer supports to assist you to make the experience safer and more comfortable for you.
- You have a bleeding disorder or are taking medication that could affect blood clotting. This information will help the healthcare provider prevent bleeding or bruising from the needle at the time of vaccination.
- You have received another vaccine within the past 14 days.

The [Vaccination Recommendations for Special Populations](#) guidance document provides additional information for people who are breastfeeding or pregnant, have allergies, autoimmune conditions, or are immunocompromised due to disease or treatment. The [Vaccination in Pregnancy and Breastfeeding Decision-Making Support Tool](#) can help you make an informed decision about COVID-19 vaccination during pregnancy and breastfeeding.

If you have questions about whether the vaccine is right for you based on your medical condition, talk to the health care provider such as your specialist, paediatrician, nurse practitioner or family doctor.

## What are the ingredients in the vaccines?

Ingredients		Pfizer-BioNTech
Medical		<ul style="list-style-type: none"> <li>mRNA</li> </ul>
Non-medical	Lipids	<ul style="list-style-type: none"> <li>ALC-0315</li> <li>ALC-0159 – a polyethylene glycol (PEG)</li> <li>1,2-Distearoyl-sn-glycero-3-phosphocholine (DSPC)</li> <li>Cholesterol</li> </ul>
	Salts	<ul style="list-style-type: none"> <li>Dibasic sodium phosphate dihydrate</li> <li>Monobasic potassium phosphate</li> <li>Potassium chloride</li> <li>Sodium chloride</li> </ul>
	Sugar	<ul style="list-style-type: none"> <li>Sucrose</li> <li>Water for injection</li> </ul>

COVID-19 vaccines **do not** contain eggs, gelatin (pork), gluten, latex, preservatives, antibiotics, adjuvants or aluminum.

It is important to review this list carefully as some people may be allergic to these ingredients, including **polyethylene glycol (PEG)**. However, this ingredient rarely causes allergic reactions. Polyethylene glycol (PEG) is found in products such as medications, bowel preparation products for colonoscopy, laxatives, cough syrups, dermal fillers, cosmetics, skin creams, toothpaste, contact lenses and contact lens solution. Polyethylene glycol can also be found in food or drinks, but is not known to cause allergic reactions.

## Who should delay receiving their COVID-19 vaccine?

- Individuals who have received another vaccine (not a COVID-19 vaccine) in the previous 14 days.
- Individuals with symptoms of an acute illness (e.g., runny nose, sore throat, cough, fever, chills, diarrhea, nausea/vomiting); they should wait until

symptoms have completely resolved/gotten better in order to avoid confusing any complications resulting from the illness to a vaccine-related side effect.

- Individuals with [symptoms of COVID-19](#) – they should self-isolate, and be encouraged to get tested.
- Anyone who has been advised to self-isolate because of COVID-19 by public health or another health care provider.
- As a precautionary measure, people who were diagnosed with myocarditis/pericarditis after a previous dose of an mRNA COVID-19 vaccine should wait to receive their second dose until more information is available. The National Advisory Committee on Immunization (NACI), Public Health Ontario (PHO) and The Ministry of Health continue to follow this closely and will update this recommendation as more evidence becomes available.

## How is the vaccine administered?

- The COVID-19 vaccine is given as a needle in the upper arm (into the deltoid muscle).

## What are the side effects of the vaccine?

COVID-19 vaccines, like all vaccines, may cause side effects, although not everyone experiences them. Those who do experience them, mostly report mild side effects within the first 1-2 days after vaccination. The most commonly reported side effects after receiving a COVID-19 vaccine are localized reactions including pain, swelling, and colour changes (e.g. red, purple) at the injection site, tiredness, headache, muscle pain, joint pain, chills, and mild fever.

Ongoing studies on the COVID-19 vaccines indicate serious side effects found to-date are **extremely rare**. People who have received the vaccine in these studies continue to be monitored for any longer-term side effects.

Clinic staff are prepared to manage a severe allergic reaction should it occur. When receiving your second dose of COVID-19 vaccine, **tell the health care provider**

**administering a subsequent dose if you had any side effects after a previous dose.**

There have been Canadian and international reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) following vaccination with COVID-19 mRNA vaccines. Cases have occurred more frequently in males than in females, most frequently in adolescents and young adults and more commonly after the second dose of vaccine. The [global experience](#) to date has indicated that the majority of reported cases have responded well to conservative therapy (rest, treatment with non-steroidal anti-inflammatory drugs (NSAIDs) and tend to recover quickly. Symptoms have typically been reported to start within one week after vaccination. Myocarditis/pericarditis following COVID-19 mRNA vaccines remains a rare AEFI (defined by the Canadian Immunization Guide as occurring at frequency of 0.01% to less than 0.1%), even among the age groups with the highest observed rates of this event, and COVID-19 vaccines continue to be recommended to prevent COVID-19 disease, which also includes a risk of myocarditis. Further information on trends in myocarditis/pericarditis following mRNA vaccines in Ontario are summarized in an enhanced epidemiologic summary from [Public Health Ontario](#). **The National Advisory Committee on Immunization (NACI) continues to strongly recommend that a complete series with an mRNA COVID-19 vaccines be offered** to all eligible individuals in Canada, including those 12 years of age and older. mRNA vaccines continue to be recommended internationally. As a precautionary measure, NACI is recommending that individuals who experienced myocarditis/pericarditis after a first dose of an mRNA COVID-19 vaccine should wait to receive a second dose until more information is available. The National Advisory Committee on Immunization, Public Health Ontario and The Ministry of Health continue to follow this closely and will update this recommendation as more evidence becomes available. This situation is being monitored closely in Canada and internationally.

The benefits of vaccination with COVID-19 vaccines continue to outweigh the risks of COVID-19 illness and related, possibly severe consequences for all age groups.

## If I am feeling unwell after my vaccine, when should I call my health care provider?

If you experience side effects that are worrying you or do not seem to be going away after a few days, talk to your parents or caregivers and contact your health care provider or seek medical attention. Go to the nearest **emergency department** or call **911** if any of the following adverse reactions develop within three days of receiving the vaccine:

- hives
- swelling of the face, throat or mouth
- trouble breathing
- serious drowsiness
- high fever (over 40°C or 104 o F)
- convulsions or seizures
- other serious symptoms (e.g., "pins and needles" or numbness)

**Please seek medical attention** if you develop any of the following symptoms after receiving the vaccine:

- chest pain
- shortness of breath
- palpitations or feeling of a rapid or abnormal heart rhythm (pounding or racing heart)

You can also contact your [local public health unit](#) to ask questions or to report an adverse reaction.

## When should I return for my next dose?

Be sure to return for your next (second or subsequent – if recommended) dose as instructed by the vaccination clinic or the health care provider who provided you with your first dose. Bring your immunization record when you come for your subsequent dose. **It is very important that you receive all doses in order to have optimal protection.**



## Who should I contact with any questions?

If you have any questions, please speak with your health care provider or the person providing the vaccine. If you are in school, your principal or other school staff may also be able to help answer questions for you.