

TEAM TORONTO KIDS





Toronto Public Health COVID-19 Vaccine Confidence Presentation For Parents of Children Age 5-11

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Rose Avenue Junior Public School

Updated: January 31, 2022



- Public health is responsible for sharing facts and evidence to help the public make informed decisions about their health.
- The research on COVID-19 continues to grow and evolve.
- Information shared with you today is based on the evidence and research that's currently available.

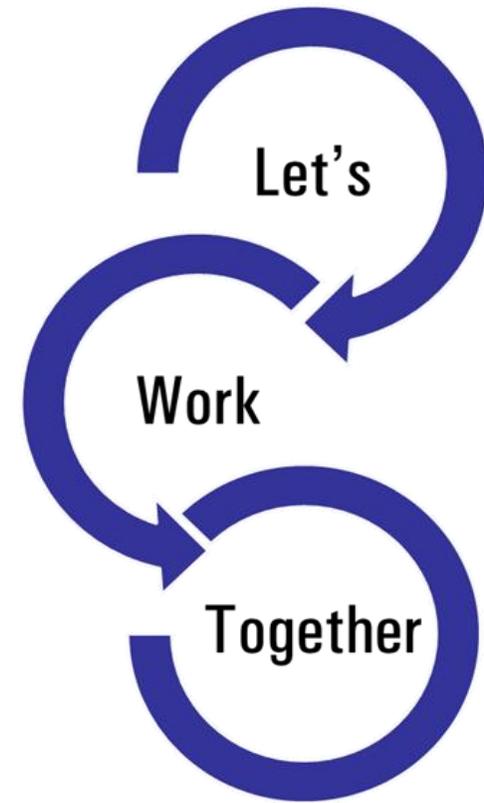
Land Acknowledgment



Land Acknowledgement

We acknowledge the land we are meeting on is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit.

Getting Back to Normal



COVID-19 and Children 5-11 Years Old



- Children who get COVID-19 usually experience **mild or no symptoms**.
- However, some may have severe symptoms, require hospitalization, and/or develop long COVID, even if they do not have other health conditions, even with the Omicron variant.
- **Multi-system Inflammatory Syndrome (MIS-C)** can rarely occur in children – serious inflammatory reaction that occurs 4 weeks after a COVID-19 infection.

What About PAXLOVID?



- Health Canada has approved a new medication for the treatment of COVID-19 infection called **PAXLOVID**.
- Can be used by **adults (18+)** with mild to moderate COVID-19 infection who are at high risk of getting very sick, including hospitalization or death.
- Works by stopping the COVID-19 virus from multiplying inside the body. This can help your body fight the virus and may help you get better faster.
- **Does not replace the need for getting vaccinated for COVID-19, including a booster dose. COVID-19 vaccination is still the best way to prevent serious illness from COVID-19.**

Benefits of Vaccination



- **Reduces the risk** of getting very sick and being hospitalized
- **Safer school, sports or other activities**
- **Participate in activities** where proof of vaccination is required
- Helps to protect and promote **mental health and wellbeing**



Pfizer Pediatric Vaccine Clinical Trial

- Pfizer clinical trials:
 - 1st cohort: **2,268 children** – followed for more than 2 months
 - 2nd cohort: **2,379 children** – followed for more than 2 weeks
- Included a diverse sample of participants.
- **90.7%** efficacy in children 5 to 11 years of age.
- Vaccine also offers protection to children with chronic health conditions.



Health Canada Approved

- Health Canada approved the use of the Pfizer COVID-19 pediatric vaccine for children ages 5 to 11 on **November 19, 2021**.
- Health Canada determined that the **benefits of this vaccine outweigh the risks** for children ages 5 to 11.
- The Pfizer pediatric vaccine for children age 5 to 11 years old is similar to the current vaccine, but the dosage has been **reduced** (30mcg to 10mcg).



NACI Recommendation

- On **January 25, 2022**, the Public Health Agency of Canada (PHAC) released updated advice from the National Advisory Committee on Immunization (NACI)
- NACI now recommends:
 - A complete series with the Pfizer-BioNTech Comirnaty vaccine (10 mcg) **should** be offered to children 5 to 11 years of age who do not have contraindications to the vaccine, with a **dosing interval of at least 8 weeks** between the first and second doses.



COVID-19 Pediatric Vaccinations

- Vaccine supply is enough to vaccinate all the **200,000** 5 to 11 year olds in Toronto.
- To date, **over 8 million** children aged 5 to 11 years have received at least 1 dose of vaccine. Over 6 million are fully vaccinated.
- Vaccine has shown to be safe in this age group.
- Health Canada and the Public Health Agency of Canada continue to **closely monitor the safety of this vaccine**, and will take action if any safety concerns are identified.



COVID-19 Vaccines & Other Vaccines

- NACI suggests children 5 to 11 years old wait at least **14 days** between getting another vaccine and getting the COVID-19 vaccine.
- This is a **precautionary measure** and a shortened interval between these vaccines may be given on an individual basis. Talk with a health care provider to discuss your child's situation.



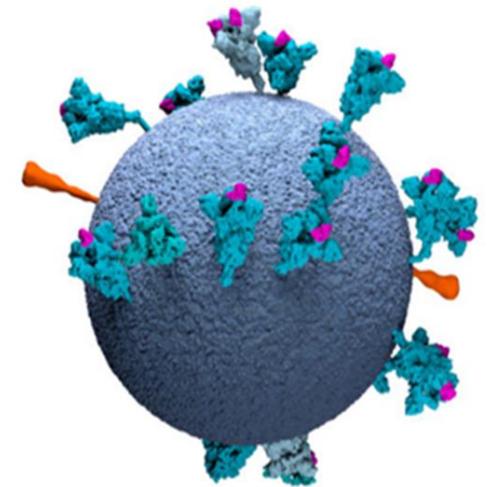
Which Vaccine Should My Child Receive?

- Children **must** be 5 years of age at the time of vaccination
- Vaccine dose is based on **age**, not weight
- Younger children have a strong immune system often needing lower doses for vaccines
- Get the vaccine based on the child's current age
- **Do not delay vaccination!**



COVID-19 mRNA Vaccines

- mRNA vaccines teach the immune system to recognize the **spike proteins** on the surface of the coronavirus.
- Once you are vaccinated, your immune system will be able to **make antibodies** to fight a COVID-19 infection if you are exposed.
- mRNA breaks down and is removed from the body within days of being vaccinated.
- It takes **two weeks** after your second dose to be fully vaccinated.



WHAT IS IN THE COVID-19 VACCINES?



The vaccines contain instructions to have your body make antibodies



The vaccines contain lipids, salts, sugars and buffers



They do not contain eggs, gelatin, preservatives, latex or antibiotics



There is no COVID-19 virus in the vaccine that can give you COVID-19

Side Effects - Pfizer Pediatric Vaccine

- Clinical trial data shows that most COVID-19 vaccine side effects in children will be mild, similar to those for adults, and usually resolve in 1-3 days
- Most common local reaction was **injection site pain** (71%)
- Most common systemic reactions included **fatigue** (39.4%), **headache** (28%), **muscle pain** (11.7%), **chills** (9.8%) and **fever** (6.5%)
- Few serious adverse events were reported, none of which were related to vaccine



Myocarditis and Pericarditis

- Has been rarely observed following mRNA vaccine. Will be closely monitored in children.
- Symptoms include: chest pain, shortness of breath or a pounding heartbeat usually within 7 days after vaccination. **Respond well to rest and treatment.** Symptoms improve quickly.
- Giving the second dose 8 weeks later may further reduce any risk.
- Myocarditis/pericarditis can occur after a COVID-19 infection and be more severe.

COVID-19 Vaccines, Fertility & Puberty



- Over 9.75 billion doses have been given worldwide with no fertility concerns identified.
- Ongoing research and vaccine safety monitoring has shown **no impact on fertility**, including no effect on sperm count or quality, long term menstrual irregularities, puberty or growth & development.
- World Health Organization recommends getting vaccinated even if menstruating.

Parents Reasons To Vaccinate Their Child

Top reasons parents will get the COVID-19 vaccine for their 5-11 year olds when the vaccine is available:



To protect youth from getting COVID-19 & becoming seriously ill.



To help keep their school community safe so they can attend in-person learning at school.



To keep enjoying sports & other activities they love more safely.



To help reduce COVID-19 spread, & protect friends, families & our community.

Source: Forum Research Poll

Previous COVID-19 Infection & Vaccination

I ALREADY HAD COVID-19, DO I NEED THE VACCINE?



Yes, we are still learning how long immunity from natural infection lasts



Natural immunity may not protect against COVID-19 variants



It is possible to get the COVID-19 infection again



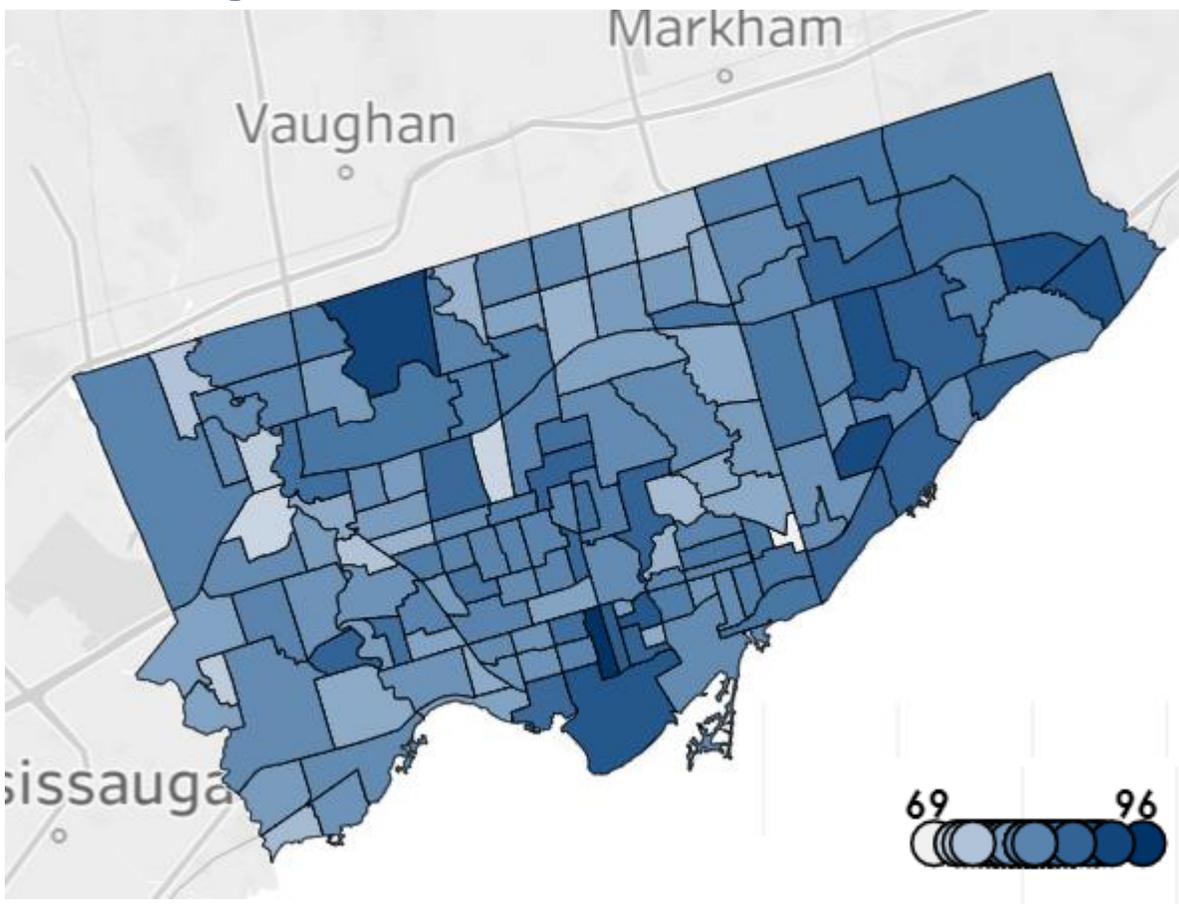
Wait until self-isolation is completed and your symptoms have gone away to get the vaccine



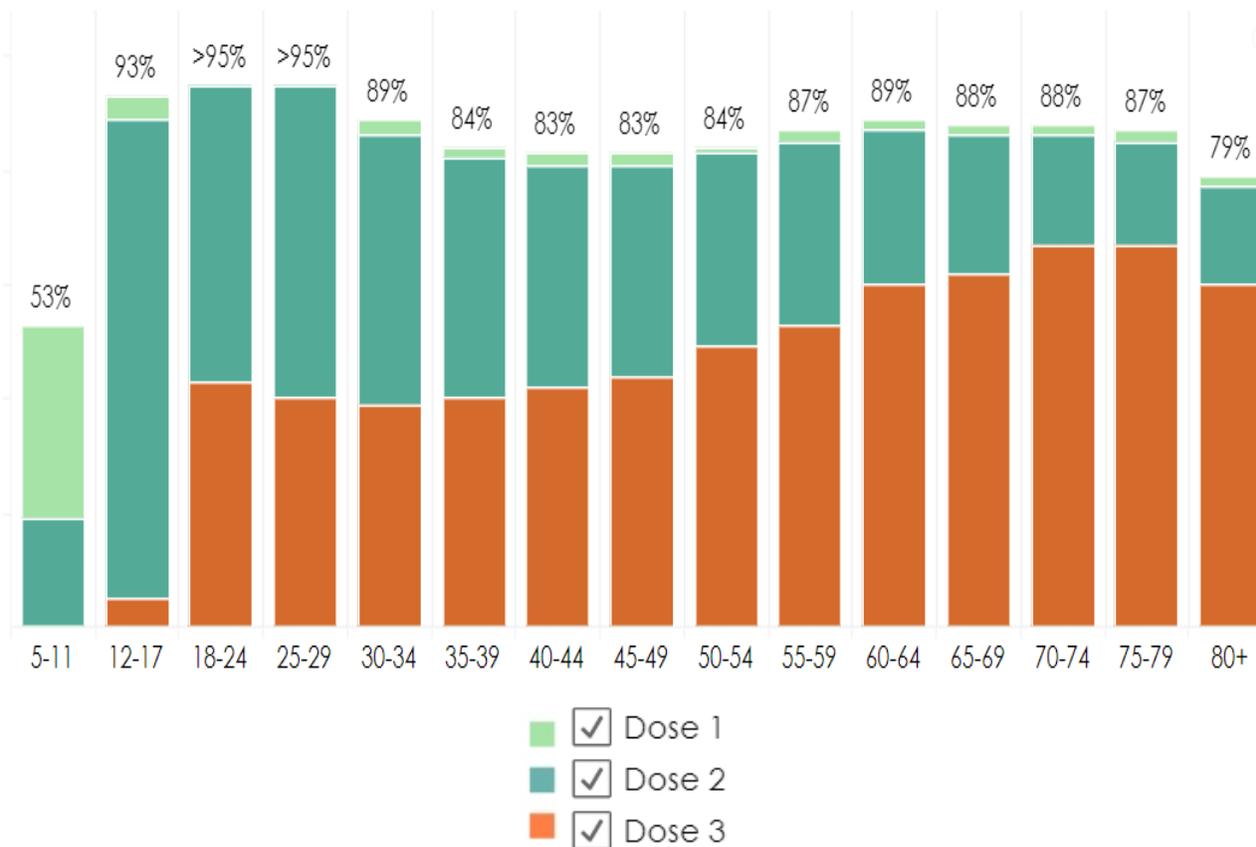
It is best to get the vaccine to stay protected

Vaccination Rates in Toronto

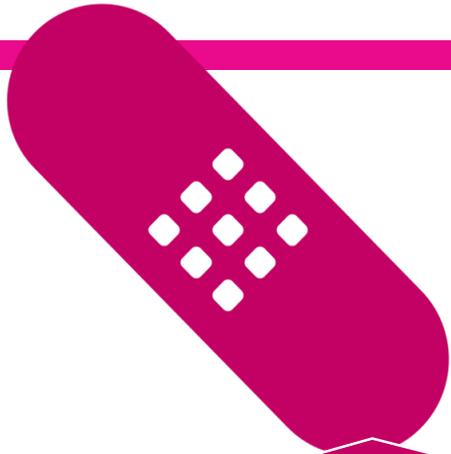
Number of Toronto residents (5+) who initiated vaccination as of Jan 27, 2022, by neighbourhood



Number of Toronto residents vaccinated (1st, 2nd or 3rd dose), by age groups as of Jan 27, 2022



Child Vaccination Sites



Mass Immunization
Clinics

[Book online](#)
or
Call 1-833-943-3900
(TTY 1-866-797-0007)



Hospitals / Ontario
Health Team
Immunization Clinics

Find information about
hospital clinics [online](#)



Pharmacies and Primary
Care Providers

Find nearest pharmacy
[online](#) or make an
appointment with your
primary healthcare
provider



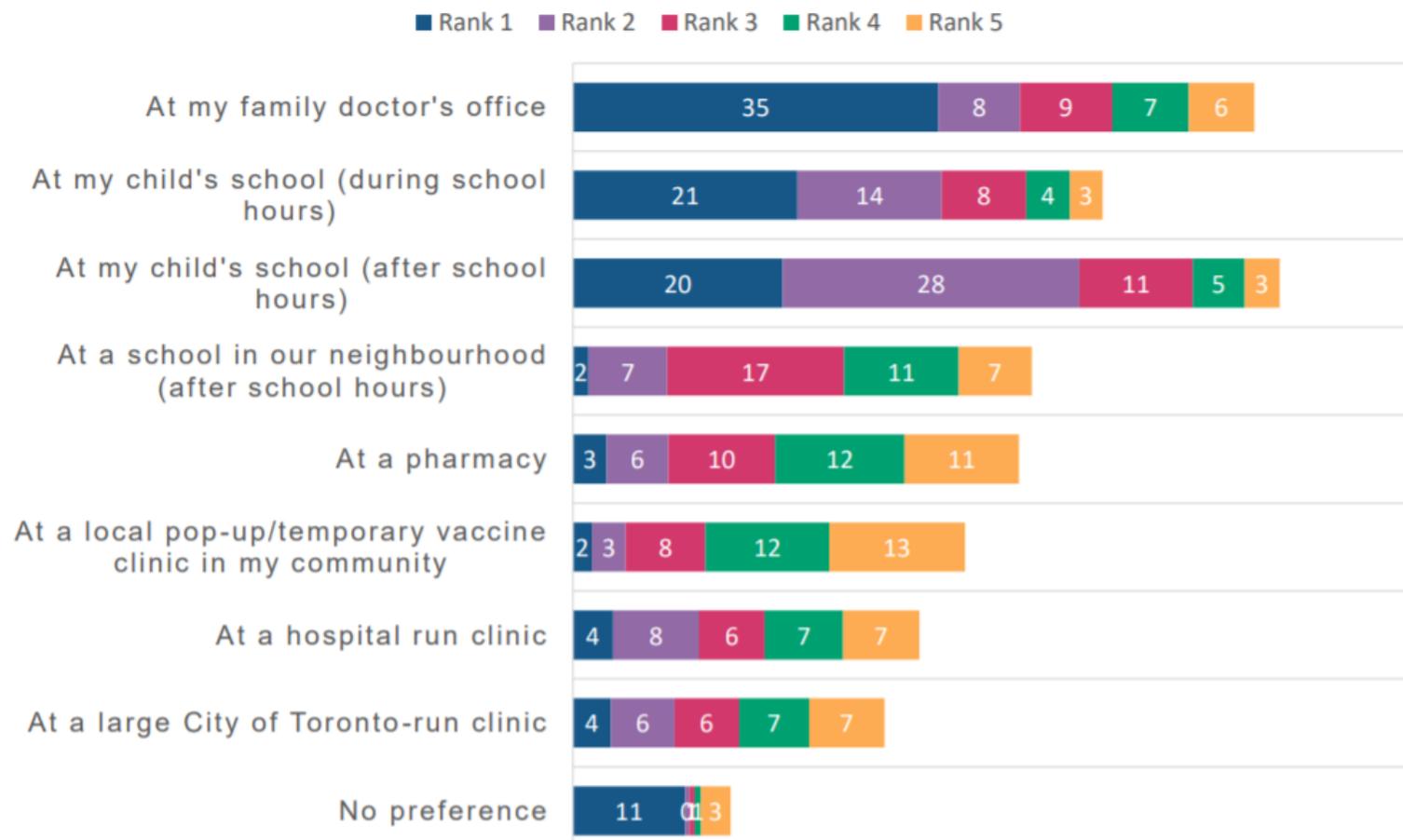
Mobile Teams & Pop-up
Clinics including Schools

Clinics will be promoted
directly to the local
community

Parental/guardian consent will be required at public health clinics

Preferred Vaccination Location

Respondents preferred vaccination location, all respondents, %



School Based Clinics

- Toronto Public Health and its partners continue focused efforts to vaccinate 5-17 year olds
- Over **250** school based clinics delivered since November
- Pop-up and mobile clinics in neighbourhoods with low vaccine coverage among children and youth





TIPS for a more comfortable vaccine experience for your 5-11 year-old



Talk about what they can expect at the clinic



Wear comfortable clothes like a t-shirt



Use distractions like a toy, video game or phone



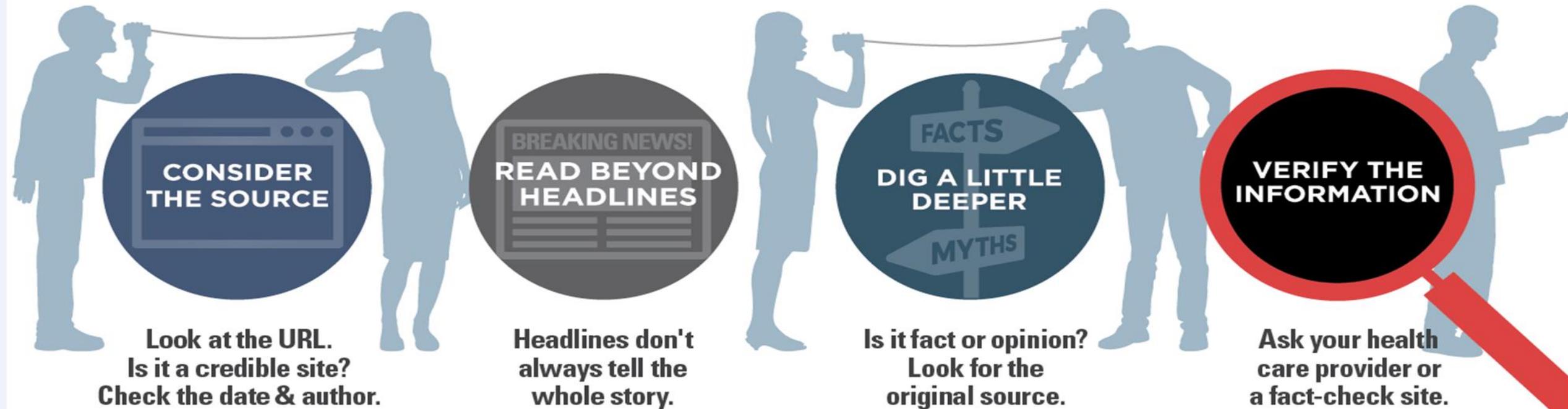
Stay calm



Celebrate & praise your child for being brave

Don't Spread Misinformation

HELP SHARE INFORMATION FROM CREDIBLE SOURCES
& prevent the spread of misinformation



How to Talk to Kids About Getting Vaccinated

How to Talk to Kids About Getting Vaccinated

See [PDF LINK](#)

COVID-19: Children and Vaccines

See TPH [Website](#)

Tips for easing kids' fears about getting the COVID-19 vaccine

See [PDF LINK](#)



How to Talk to Kids about Getting Vaccinated

Children ages 5-11 will soon be eligible to receive a COVID-19 vaccine. The Delta variant spreads easier, faster and makes people sicker. Vaccinating children will add an extra layer of protection against serious illness, and make returning to enjoying regular activities safer as we continue living with this virus. The following tips will help you talk to kids about getting vaccinated:

1. Keep Up to Date from Credible Information Sources:

- It is important to be informed about the COVID-19 vaccines before talking to your children. We recommend using credible information sources and speaking with your family doctor, or a healthcare provider if you have questions. A great place to learn about COVID-19 vaccines is the City of Toronto's website: <https://www.toronto.ca/home/covid-19/covid-19-vaccines/>

2. Listen:

- Ask your children to share what they know or have heard about COVID-19 vaccines, and actively listen to their responses.
- Like adults, children may have heard a lot of misinformation about vaccines during the pandemic, and may have fears or worries. Take these concerns seriously.
- A discussion with a trusted adult, such as a family doctor or other health professional, may help ease some of these concerns.
- If your child seems anxious, pretend play or drawing together may help younger children explore their fears and feelings. Older children may try writing down their feelings or use deep, slow breaths to help relax and keep calm.

3. Be Honest:

- It's important to be honest with children about vaccinations. Share information in an age-appropriate way.
- Children take their emotional cues from adults. If you are worried or have fears, your child will pick up on that. It is important not to overshare fears or worry.

4. Be Ready to Answer Their Questions:

It is normal for children to have questions about their health and vaccines. Below you will find a list of questions, with child-friendly responses:

Preparing Children for Vaccination

The CARD system

Comfort

- Your child can sit upright during the needle and relax the arm.

Ask

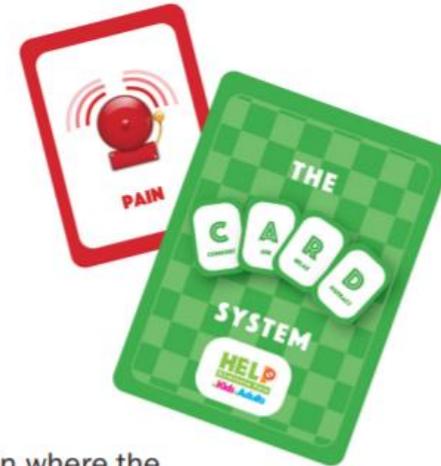
- Ask your child how to make the needle more comfortable. For example, does your child want to...
 - bring a friend or a trusted adult with them?
 - get the needle in a private room?
 - use numbing creams or patches? These are medicines that dull the pain where the needle enters the skin. Some planning is required. Contact your local public health nurse for more information.

Relax

- Your child can take deep belly breaths before, during and after the needle. This is like blowing up a balloon or blowing out candles. The belly should move out when breathing in and move in when breathing out.

Distract

- Your child can talk to someone or bring an object to get their mind off the needle (for example, music, game or book). Some children like to look at the needle – this is OK too. Your child can let the nurse know their preferences.



Vaccine Information Resources

- **Provincial Vaccine Confidence Centre**
 - 1-833-943-3900 Open 7 days/week from 8am-8pm
 - Staffed with Health Specialists and available in over 300 languages
- **VaxFacts Clinic: One-to-One Phone Consultation with a Doctor**
 - Schedule a phone conversation with a doctor to help make an informed decision about the COVID-19 vaccine.
 - Book an appointment online at <https://www.shn.ca/VaxFacts/> or call 416-438-2911 ext. 5738
- **SickKids: COVID-19 Vaccine Consult Service**
 - By appointment phone service only (youth 12+ or a parent/caregiver/legal guardian of a child or youth, an Ontario resident)
 - Registered Nurses will answer questions and discuss the COVID-19 vaccines for children and youth
 - Available in multiple languages, using over-the-phone language interpretation
 - To book: <https://www.sickkids.ca/en/care-services/support-services/covid-19-vaccine-consult/#book> or call 437-881-3505

Questions? Need More Information?

Call Toronto Public Health

416-338-7600

8:30 am to 4:30 pm / 7 days a week

Text the word VACCINE to 1-833-750-0888 to be connected with resources including appointment bookings & information on vaccines

Follow TPH on Instagram/Twitter (@TOpulichealth)

Visit toronto.ca/covid19

You Are Not Alone

You are not alone. Support is available.

Call 211 if you are having a hard time. Through 211 anyone be connected to free mental health supports, including including kids, seniors, racialized, Indigenous, Black and LGBTQ2S communities.

Language interpretation is available if you don't speak English.



These are stressful times.

Reach out for help to find
mental health support.

**Call 211, 24 hours a day,
7 days a week.**

Questions

