

Keeping Your Family Safe

During the COVID-19 Pandemic

PARENT GUIDE 2021

FROM THE HEALTH EXPERTS AT NATIVIDAD MEDICAL CENTER

INSPIRING HEALTHY LIVES

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All Kids 5 & Older Can Get the COVID-19 Vaccine!

Vaccination is the best way to protect your family and children against COVID-19. Find out more about where to get the vaccine, what to expect and more in this guide or visit [cdc.gov](https://www.cdc.gov) for the latest information.

About the COVID-19 Vaccine for Kids

- Children between 5 and 11 receive a special smaller kid-sized dose
- People 12 and older receive a standard-sized dose
- The Pfizer-BioNTech vaccine is two doses, administered three weeks apart
- Your child is fully immunized two weeks after their second dose

How to Get Your Child Vaccinated

There are lots of locations and times available to get vaccinated to fit any schedule. Here are some options:

- **Call your pediatrician to make an appointment**
- **Visit myturn.ca.gov** to make an appointment or find a walk-in clinic offering vaccines for kids near you
- **Go to a walk-in vaccination clinic** offering vaccinations for kids
- **Check with your pharmacy** to see if they give kid-sized doses
- **Call 2-1-1** to make an appointment if you don't have access to the internet



The consent of a parent or legal guardian is needed for children 17 and under to receive a vaccination. You can either accompany your child or send a signed consent form with an adult when your child gets vaccinated.



Lyla, 9, got her COVID-19 vaccine at Natividad

The COVID-19 Vaccine is Free & Safe!

- There are no out-of-pocket costs
- You don't need insurance
- Some children may have mild side effects that last a few days, the most common complaint is a sore arm
- Severe allergic reactions are extremely rare
- The COVID-19 vaccine is the most tested and closely reviewed vaccine in history



VACCINES

Hover your smartphone camera over the QR code to make an appointment or find a walk-in clinic near you or visit myturn.ca.gov

IN PARTNERSHIP WITH:



10 FAST FACTS

ABOUT COVID-19 VACCINES FOR KIDS

- 1 It's safe.** Millions of kids 5 to 17 have safely received their vaccine.
- 2 It's effective.** Trials in thousands of kids 5 to 11 show the Pfizer vaccine is more than 90% effective at preventing symptomatic COVID-19.
- 3 It doesn't affect fertility.** There is no evidence that any vaccines impact a male's or female's ability to have children now or in the future. Many of our doctors and nurses have received the vaccine while pregnant or conceiving.
- 4 Getting vaccinated is the safest way to get immunity from COVID-19.** Getting COVID-19 can result in hospitalizations and death – even for kids. The vaccine protects against long-lasting effects.
- 5 Vaccinated people are much less likely to get and spread the disease.** That means that your children, you, your friends and family will be more protected against COVID-19.
- 6 Your child may have some side effects, which are normal.** They are typically mild and subside in one to two days – like soreness in the arm, fatigue, headaches or a slight fever. Vaccines don't contain the COVID-19 virus and won't make you sick. Don't send kids to school with a fever, but they can go if they're sore or tired after getting vaccinated.
- 7 The risk of a child having a serious adverse reaction to the COVID-19 vaccine is extremely low.** One rare complication is myocarditis (heart inflammation), which is a rare but treatable condition more likely to affect adolescent males. The risk of developing myocarditis after a COVID-19 infection is much higher than the risk of developing myocarditis after the vaccine.
- 8 It doesn't contain microchips.** At Natividad, we've given more than 56,000 doses of the vaccine to our community and staff. And not one microchip!
- 9 It doesn't change or interact with your DNA in any way.** The vaccines just teach your body to build immunity to the disease. Then the vaccine ingredients disappear from your body.
- 10 Your child can get a COVID-19 vaccine and another vaccine at the same time.** That includes the flu vaccine, which is recommended for everyone 6 months and older.

FALSE STORIES and misinformation are common on social media and CAN LOOK LIKE THE TRUTH.

Here are some resources for accurate info:

montereycountycovid19.com

who.int

cdc.gov

2-1-1



FUN FACT: 80% of kids 12 to 17 in Monterey County have gotten at least one dose of the COVID-19 vaccine.

WE ASKED OUR DOCTORS

Will You Get Your Child Vaccinated?



“ My 10-year-old twins already got vaccinated. They are excited to be protected and get back into the normal school routine.”

— Dr. Christopher Carpenter
Director of Pediatric Services

“ Definitely yes! The vaccine decreases the spread of COVID-19. It’s safe, effective and easy to access. My three daughters are fully vaccinated.”

— Dr. Christopher Burke
Emergency Department Medical Director

“ I got my vaccine while pregnant and my booster while breastfeeding. My children are still too young to be eligible for the vaccine (9 months and 2½ years), but I will get them vaccinated as soon as it is approved for their age group.”

— Dr. Ariel Wagner
Family Medicine Residency Faculty



“ My 17-year-old son is already vaccinated against COVID-19 and his 11-year-old sister is excited to join him soon!”

— Dr. Minerva Pérez-López
Family Medicine Physician and
Family Medicine Residency Faculty



“ Our little ones, age 8 and 11, are in general not super excited to get jabs, but they are actually excited to have their turn to get immunized, and be part of the solution.”

— Dr. Craig Walls
Chief Medical Officer

“ Absolutely. My daughter Isabella, 6, is excited to do her part to keep everyone safe — including her pals at school.”

— Dr. Chad Harris
Interim CEO



“ Yes, both of my children got their first dose on November 8. My 11-year-old was a big fan, no downside at all. My 8-year-old was less a fan of the actual shot but immediately came up with ideas of places he’ll soon get to go — like indoor trampoline parks!”

— Dr. Sarah Smith
Pediatric Hospitalist



Safety is Our #1 Priority

Every single one of Natividad’s doctors, nurses and staff members who work at the hospital are vaccinated. That’s nearly **1,600 people!** Many of our employees are parents and grandparents, like you.



Nathaniel, 7, was the first child in the 5 to 11 age group to get vaccinated at Natividad



Did You Know?

The CDC recommends everyone 5 years and older should get a COVID-19 vaccination to help protect against COVID-19. Widespread vaccination is a critical tool to help stop the pandemic and keep you and your family healthy and safe.

- People who are fully vaccinated can do things they did before the pandemic like traveling, sports and holiday gatherings
- You should still get tested if you've had close contact with someone who has COVID-19 or if you have symptoms of COVID-19
- You still need to follow masking guidance at your workplace, school and local businesses
- It's safe and recommended that you get the COVID-19 vaccine if you've already had COVID-19 and are fully recovered

Why Should Kids Get Vaccinated?

COVID-19 has become one of the top 10 causes of pediatric death, and tens of thousands of children and teens have been hospitalized with COVID-19. While kids are typically at lower risk than adults of becoming severely ill or hospitalized from COVID-19, it is still possible.

Vaccination protects your family and those at higher risk of complications from the disease, including older adults and people who have immune disorders. It also protects against the more contagious Delta variant. Even if you get COVID-19 after vaccination (rare, called a breakthrough infection), illness is typically milder and unlikely to be life threatening.

Content and source information updated December 8, 2021. As we continue to study COVID-19, medical advice may change as we learn more. Visit natividad.com/covid-19 or cdc.gov for more info and talk with your doctor if you have any concerns about getting vaccinated.

“ We encourage you to talk to your primary care provider if you have any questions about the vaccine.”

— Dr. Christopher Carpenter
Director of Pediatric Services



Jocelyn, 11, and sister Claire, 9, received their COVID-19 vaccine at a Natividad clinic in November

TESTING

Need to Get Tested?

Find a testing site near you!

