



# COVID-19 Vaccines – What You Need to Know

- The vaccine can protect people from getting COVID-19. If people do get infected, it also protects them from getting very sick from COVID-19.
- Pfizer is an mRNA vaccine. You cannot get COVID-19 from this vaccine.
- Children and youth ages 5 and older will need two doses of the Pfizer's pediatric vaccine to be fully vaccinated. You are fully vaccinated 14 days after your second dose.
- If your child is between 5 and 11 years of age and receives both doses before they turn 12, they will get two doses of the pediatric vaccine. Their first and second dose will be at least 8 weeks apart.
- If your child gets their first dose at age 11, they will get the pediatric vaccine for dose one. If they turn 12 by the time of their second dose, they will receive the adolescent/adult vaccine for dose two. The two doses will be at least 8 weeks apart.
- If your child is 12 or older, they will receive two adolescent/adult doses at least 28 days apart. However, it's recommended you wait 8 weeks between doses.
- The COVID-19 virus changes. These are called variants. Some variants, like the Delta variant, are more contagious and can make younger adults, children, and youth sicker. COVID-19 vaccines provide protection against variants.
- More information to support your child to get vaccinated is available at <https://novascotia.ca/coronavirus/vaccinate-ns/>



# Getting the COVID-19 Vaccine

- The COVID-19 vaccine is free. Everyone who is 5 and older in Nova Scotia can get the vaccine if they want it.
- Your child will need two doses to be considered fully vaccinated. You are fully vaccinated 14 days after your second dose.
- You are strongly encouraged to book an appointment for your child online at [novascotia.ca/vaccination](https://novascotia.ca/vaccination)
  - You will need a Nova Scotia health card and email address or phone number to book online
- If you can't book online, you can book an appointment for your child by phone. Call **1-833-797-7772** (toll-free)
  - You don't need a health card to book by phone
  - You can ask for an interpreter when you call this number
- Children and youth, like adults, may experience mild side effects like sore muscles, feeling tired, mild fever or a sore arm where the vaccine was injected. This is normal. It means the vaccine is working and teaching their body how to fight the virus.



Be part of our way forward.

NOVA SCOTIA