

Your Child's COVID-19 Vaccine

How can I help my child get ready?

- Speak to your child in a soft, quiet voice. If they get nervous or upset, comfort them.
- It can help to describe how the shot will feel. You can say: “You may feel a little poke when the needle goes in. And it may feel a little warm inside your arm as the medicine goes in.”
- You can give them a job to do during poke. You can say: “Let’s take a big breath together when the poke goes in. It will help us feel calm.”

What will happen during the visit?

- First, we’ll find out how your child wants to sit while they get their shot. They can sit in a chair. Or you can hold them.
- If they want to be held, they can sit on your lap with their back or chest to your chest. You can hug them around their waist to help them feel safe and comfortable.
- They’ll need to keep their hands and arms still while they get the shot. You or a helper may need to gently hold their arms in place.

Once they’re comfortable, we’ll give them their shot.

- We’ll pick the arm to put the shot in.
- We’ll clean a small part of their upper arm with an alcohol pad. It will feel cold and wet.
- Next, we’ll gently hold the skin on their arm tight so we can put the needle in.
- Once the needle is in, we’ll push the medicine into their arm. This will take 2 to 3 seconds.
- We’ll take the needle out and put a bandage on the arm.

What should I do after the shot?

- Praise your child. You can say:
 - “I can see how hard you tried to hold still.”
 - “I saw you take that very big breath to help you feel calm.”
 - “You were very brave!”
- Always follow the advice of your health care provider or a public health professional.

