# Why should children get the COVID-19 vaccine?

❖ **The COVID-19 vaccine is the best way to keep you child safe.**

Medical and public health experts, including the CDC and the American Academy of Pediatrics, recommend that children and adolescents 5 years of age and older get a COVID-19 vaccine to help protect them from contracting and spreading the virus.

❖ **The long-term effects of a pediatric COVID case can be serious and last months; the most common side effect of the COVID vaccine, which provides lasting protection, is a sore arm.**

Children and adolescents are typically at lower risk than adults of becoming severely ill or hospitalized from COVID-19, but it is still possible. While most children with COVID-19 have mild or no symptoms, they can still spread the disease to others. COVID-19 has caused serious illness, complications, and even death in some children and teens, and those with underlying health conditions may be more likely to become severely ill.

❖ **When it comes to your child's safety, COVID-19 poses a greater risk than the vaccine. The best way to protect your child against COVID-19, including the Delta variant, is to get them vaccinated**

Another important reason for children to get the COVID-19 vaccine is to protect friends, family, and the broader community. Vaccinated individuals have a very low risk of contracting COVID-19 and therefore spreading it to others, which adds a layer of protection for unvaccinated individuals around them such as younger siblings and other children who are not currently eligible. Furthermore, as more and more people get vaccinated, the infection rate among the general population will continue to lower, decreasing the chance that the coronavirus will mutate into dangerous variants.

  ❖ **Being vaccinated will allow kids to get back to the things they have missed: in-person school, playing with friends, and participating in sports activities.**

  ❖ **Like other pediatric vaccines, the COVID-19 vaccine thoroughly tested on children before being recommended.**