

# Pediatric COVID-19 and Flu Vaccines

## What Parents/Guardians Should Know

**COVID-19 & flu vaccines are recommended for children ages 6 months and up.**

### Why should children get vaccinated?

In the United States, flu is a leading cause of death from a vaccine-preventable disease. Over 15 million children in the U.S. have gotten COVID-19. Babies under 6 months are unable to get vaccinated for COVID-19 and flu, so it is important for everyone around them to get vaccinated. Even healthy children can get very sick from COVID-19 and flu and can spread it to others before you know they are sick.

These vaccines help to protect against serious illness, hospitalization and death caused by COVID-19 and flu. **COVID-19 and flu vaccines can be given at the same time**, for convenience, and for your best protection against these illnesses.

### How do I get my child vaccinated?

Washington state provides all recommended vaccines at no cost for children through age 18. Ask your child's pediatrician or regular clinic if they carry the COVID-19 and flu vaccines.

Families who do not have a health care provider already can call the **Help Me Grow WA Hotline at 1-800-322-2588** or go to **ParentHelp123.org** to find a health care provider, clinic, or other health resources. This service is free and language assistance is available.

You can also visit **Vaccines.gov** and see a list of places near you that have COVID-19 and flu vaccines who also vaccinate children.

### How many doses does my child need?



#### Flu:

- If your infant or child under 8 years old is receiving their *first* flu vaccine, they will need **2 doses given 1 month apart**.
- Only **1 dose** is needed for anyone who has received a flu vaccine in the past.

#### COVID-19:

- Children ages **6 months- 4 years** get a 3-dose Pfizer series or a 2-dose Moderna series.
- Children ages **5 years and older** get a single dose of a Pfizer or Moderna vaccine.

Children 6 months+ who are moderately or severely immunocompromised should get a 3-dose series and may get additional doses at least 2 months after their last dose.

*Ask your health care provider what COVID-19 and flu vaccine options are available and the best options for you and your family.*



### For COVID-19 vaccine questions:



Visit: [VaccinateWA.org/kids](https://www.vaccinatewa.org/kids)



Call: **1-833-VAX-HELP** (1-833-829-4357), Press #

Language assistance is available.

**flu free**  
WASHINGTON

**Vaccinate WA**

[CovidVaccineWA.org](https://www.CovidVaccineWA.org)

# FREQUENTLY ASKED QUESTIONS: COVID-19 & FLU VACCINES

## Does my child need an updated vaccine if they've previously been vaccinated?

Yes. The COVID-19 and influenza vaccines are updated to match the virus strains expected to be the most common in the upcoming respiratory virus season. While vaccines are effective, they are known to drop in protection over time. Staying up to date on vaccinations remains the most effective way to continue protection against these illnesses. It takes about 2 weeks after vaccination to be protected.

## Are the vaccines safe for my child?

Yes, the COVID-19 and flu vaccines are considered very safe for children. No serious side effects were detected in clinical trials of the COVID-19 vaccine in youth. The flu vaccine has been used safely for more than 70 years. Vaccines are tested and continuously monitored for safety and effectiveness. Serious side effects are extremely rare. COVID-19 and flu vaccines are recommended for everyone 6 months of age and older.

## What are the common side effects of these vaccines in children?

The most common side effects are a sore arm, tiredness, headache, and muscle pain. Side effects are generally mild to moderate in severity and occur within 2 days after vaccination, and typically go away within 1 to 2 days. Evidence has shown an association between COVID-19 vaccines and myocarditis/pericarditis; however, this is rare and is more commonly caused by COVID-19 infection.

The health risks if children are infected with COVID-19 and/or flu are much higher than the risk of vaccine side effects. Side effects are a sign that the vaccine(s) is working; neither COVID-19 nor flu vaccines cause illness.

## What do children need to bring to their appointment?

In most cases, parents and guardians will need to provide consent to vaccination for someone under age 18. Ask the vaccine location what you need for consent. Be sure to also mention if your child has any special needs when scheduling the appointment. It can also be helpful to pack comfort items for your child such as a toy or stuffed animal.

## I have more questions. Where can I go?

Find answers to more questions at **[VaccinateWA.org/kids](https://www.vaccinateWA.org/kids)**. You can also talk to your trusted health care provider.



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