



MEMO

To: Parent(s)/Guardian(s) of Students

FROM:

DATE:

RE: COVID-19 Vaccine Available in Schools – 12 years of age and older

The single best way to protect against COVID-19 is through vaccination. The currently authorized COVID-19 vaccines have been shown to be highly protective. The Pfizer/BioNTech COVID-19 vaccine is approved for children 12 years of age and older.

Public Health Nurses will be offering the COVID-19 vaccine in schools to students 12 years of age and older. Public Health will be at your school between June 1st-19th.

Only students with signed consents will be vaccinated. If you would like your child to receive the COVID-19 vaccine in school please complete and sign the **attached consent**, and **return to school on, or before** _____ . Students 16 years of age and older can sign their own consent.

In addition, please note the following:

- **Do NOT sign** the consent form if your child has already been administered the COVID-19 vaccine by another healthcare provider.
- Parents/guardians and other family members will not be able to accompany students for their immunization.
- Public Health Nurses **will not be immunizing children 11 years of age and younger** as this age group is not eligible for vaccination.
- If you do not wish to have your child vaccinated in school or your child is absent on the scheduled immunization day you can make an appointment at a mass clinic <https://www.gov.nl.ca/covid-19/vaccine/gettheshot/>

If you have any questions or concerns please contact your school's Public Health Nurse.

Public Health Nurse Name

Contact Phone Number

COVID-19 Vaccine Information Sheet for School Immunization

Read this carefully and if you have any questions you may contact your health care provider.

What is COVID-19?

- The virus that causes COVID-19 is passed from an infected person to others when the person coughs, sneezes, sings, talks or breathes. Infected people can spread the infection even if they **do not** have symptoms.
- [Symptoms](#) can include cough, shortness of breath, fever, chills, tiredness, and loss of smell or taste.

How does the COVID-19 vaccine protect against COVID-19 infection?

- The vaccine helps the body produce **antibodies** to prevent you from becoming sick if you are exposed to the COVID-19 virus.
- **Two** doses of the mRNA COVID-19 vaccine can be 86%-95% effective at protecting against illness. It is important to receive both doses of the vaccine to ensure optimal protection
- The vaccine does not contain the virus so **you cannot get COVID-19 infection from the vaccine.**

Who can and cannot receive the COVID-19 vaccine?

- You should not be vaccinated if you are **feeling unwell**, or had a serious **allergic reaction to a previous dose of a COVID-19 vaccine**, or you are **allergic to polyethylene glycol (PEG) or Tromethamine.**
- If you received another vaccine (not a COVID-19 vaccine) in the past 14 days, you will be advised to wait two weeks from that date before you receive your COVID-19 vaccine.

**If your child is immunocompromised or has an autoimmune disorder you can discuss vaccination with their health care provider or review the COVID-19 vaccine information page at www.gov.nl.ca/covid-19/vaccine

Tell the health care provider if the person receiving the vaccine:

- Has fainted or felt faint after receiving past vaccines or medical procedures.
- Has a bleeding disorder or is taking medication that could affect blood clotting.

What are the side effects of the vaccine?

Side effects are expected and can indicate the vaccine is working to protect you from COVID-19 infection. Side effects can develop in the days following the vaccination and can include one or more of the following:

- Pain, tenderness, and swelling where the needle was given (upper arm usually)
- Tiredness
- Headache
- Muscle pain or Joint pain
- Nausea/vomiting/diarrhea
- Chills or Fever
- Enlarged lymph nodes (swollen glands)
- Dizziness, decreased appetite, excessive sweating, itchy skin or rash

Allergic reactions are rare but can happen after receiving a vaccine. The health care providers at your school are prepared to manage an allergic reaction should it occur. Symptoms of an allergic reaction include:

- Hives (bumps on the skin that are often very itchy)
- Swelling of your face, tongue or throat
- Difficulty breathing