

**I GOT MY  
COVID-19  
VACCINE**

**#ForYouForMeForWDG**

# COVID-19 Vaccine Plan: Children Ages 5 to 11

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# COVID-19 Vaccine Program Children Ages 5-11 in WDG Region



Eligible WDG population  
**~23,500**



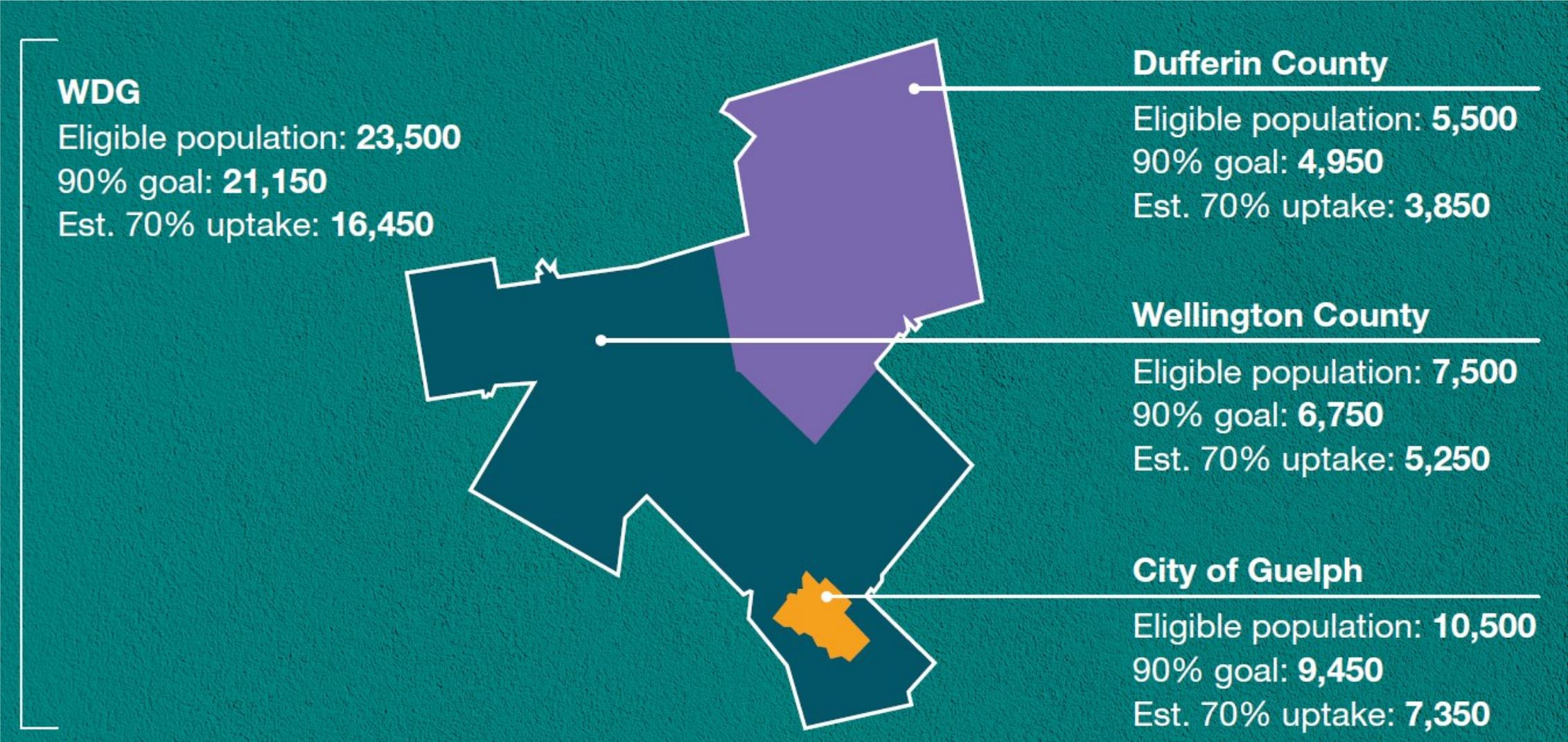
Overall vaccination goal  
**90%**



Immediate goal\*  
**70%**

\*Based on Angus Reid Poll and historic local uptake

# Children Ages 5-11 in WDG Region



# Local distribution of the COVID-19 vaccine for children ages 5-11

WDGPH is working with primary care, pharmacies and other local partners to allow families to access the vaccine quickly and conveniently.

There are many ways to book an appointment:

## Primary Care

- Reach out to your primary care provider to make an appointment

## Public Health

- Book with a Public Health clinic by visiting [wdgpublichealth.ca/appointments](https://wdgpublichealth.ca/appointments) OR calling 1-800-265-7293 x7006.

## Pharmacies

- Find a participating pharmacy near you: [covid-19.ontario.ca/vaccine-locations](https://covid-19.ontario.ca/vaccine-locations)

# Public Health Clinics

- **Hub clinics** in larger populated areas
  - GUELPH- Stone Road Mall (run in partnership with the Guelph Family Health Team)
  - FERGUS- Centre Wellington Community Sportsplex
  - ORANGEVILLE- Alder Street Recreation Centre
- **Mobile clinics** in smaller municipalities
- **Outreach pop-up clinics** in areas of greater need
  - Schools in neighbourhoods with lower vaccination rates
- **Specialty clinics** for children who experience challenges
  - Accessible clinics held at PHU office locations
- **Children's congregate settings and treatment centres**

# Stone Road Mall Clinic



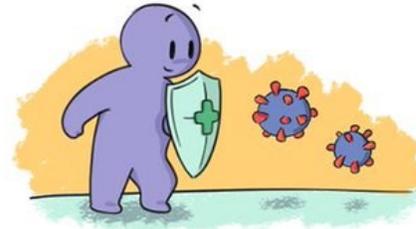
- Operated in partnership with the Guelph Family Health Team
- Family-friendly environment

# The Benefits of Vaccinating Children

(aged 5 to 11 years)  
Against Covid-19



Much lower risk of illness



Lower risk of complications  
including MIS-C\* and Long Covid



Lower risk of spread  
to friends and family



May not need to miss school  
or activities after an exposure



Safely return to fun  
activities like hockey



All kids can return  
to being kids again

**All children deserve to safely return to school and activities. Vaccines help get us there.**

Covid-19 can cause serious illness and death in **any** child. Social factors and health conditions mean that the risks for some children are higher. Getting vaccinated protects children and those around them.

\*MIS-C (Multisystem Inflammatory Syndrome in children) is rare but very serious. It causes inflammation of the heart, lungs, kidneys, brain, skin, eyes, and stomach.

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## NERVOUS ABOUT GETTING NEEDLES?

Use the CARD system to have a more positive vaccination experience.

### COMFORT

Find ways to be comfortable.



### ASK

Ask questions to be prepared.



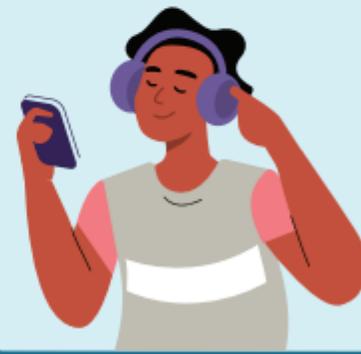
### RELAX

Keep yourself calm.



### DISTRACT

Shift your attention to something else.



**The CARD system (Comfort, Ask, Relax, Distract)** provides groups of strategies that can be used to make your vaccination experience a more positive one. Learn how you can play your cards and use the different strategies to reduce the pain, stress and worries associated with vaccinations.

## HERE ARE SOME IDEAS TO GET YOU STARTED:

### COMFORT

Have a snack before and after.

Wear a top that lets your upper arm be reached easily.

Bring an item that gives you comfort.

Relax your arm so that it is loose or jiggly.

Squeeze your knees together if you feel faint or dizzy.

### ASK

What will happen?

What it will feel like?

Can I bring a friend or family member?

Can I have privacy?

Can I use a numbing cream to dull the pain? \*

Can I lie down?

\*You may need to purchase and apply the numbing cream 20 to 60 minutes prior to your appointment.

### RELAX

Take slow deep breaths into your belly, breathing in through your nose and out through your mouth.

Do some positive self-talk (tell yourself you can handle this).

Have someone with you to support you.

Have privacy.

### DISTRACT

Talk to someone.

Play a game or watch a video on your phone.

Read a book or magazine.

Listen to music.

Allow yourself to daydream about fun things.

## WHAT STRATEGIES DO YOU WANT TO USE?

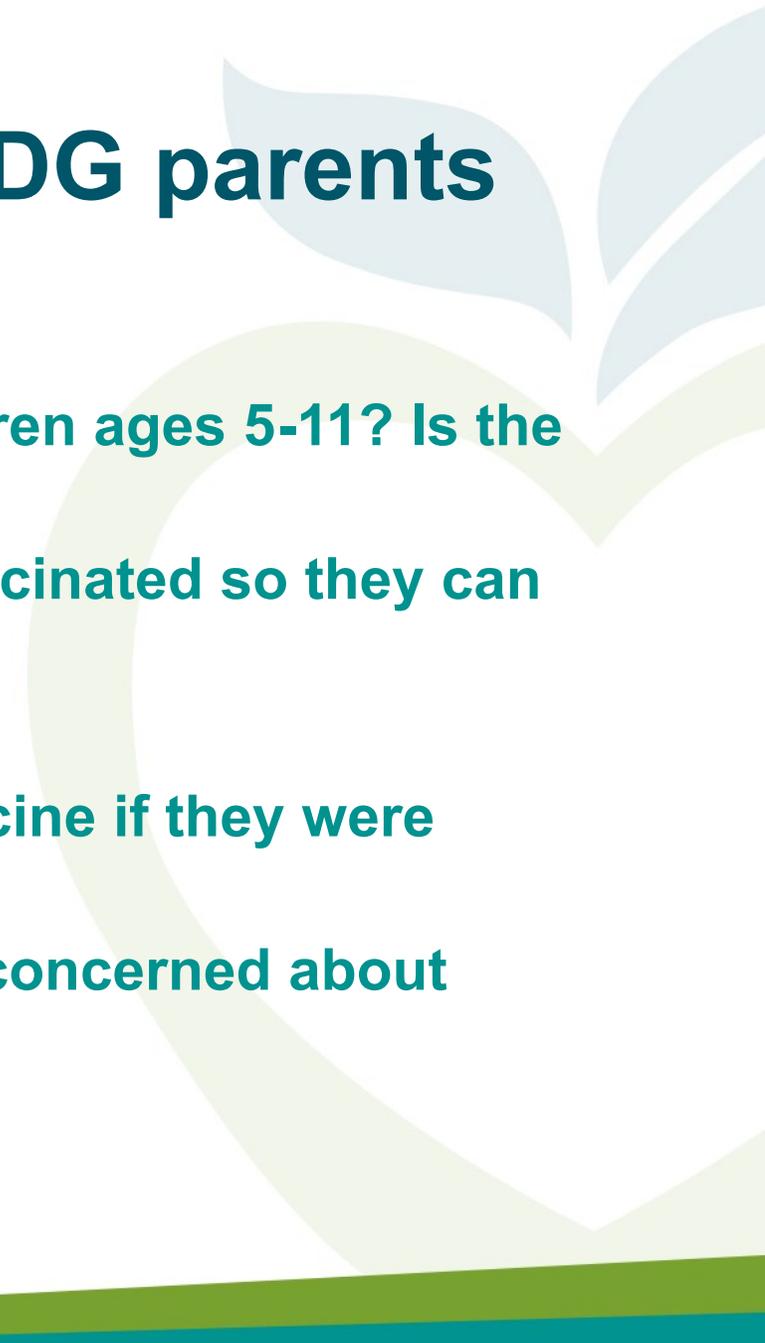
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# Frequently asked questions from WDG parents



- **What is different about the vaccine that is given to children ages 5-11? Is the dose based on weight or age?**
- **If my child is 11 turning 12, should I wait to get them vaccinated so they can receive two adult doses of vaccine?**
- **Will the vaccine become mandatory for children?**
- **Does my child need to wait to receive the COVID-19 vaccine if they were recently immunized with another vaccine (e.g., Flu)**
- **What side effects are common in children? Should I be concerned about myocarditis?**



For more information about booking an appointment or for answers to other frequently asked questions visit: [wdgpublichealth.ca/vaccine-kids](https://wdgpublichealth.ca/vaccine-kids)

# Questions?

