



# OUTREACH TOOLKIT FOR ORGANIZATIONS

## Resources to help families with questions about COVID-19 & vaccine for kids 5 to 11

3/1/22



This toolkit is to help community and faith organizations, childcare providers, schools, and other youth service providers answer common questions about COVID vaccination and protecting children.

### What's in the toolkit:



Links to videos, flyers, social media graphics, and other resources about vaccination for children



FAQs and other messaging to help you answer questions and share information

Please share the resources from this toolkit with the families in your networks. We offer tips about how to use these materials in each section of the toolkit.

Thank you for all that you do to support families in King County!



# COVID-19 Vaccination for Children Ages 5 to 11

Misinformation circulating online and by word of mouth can make it hard for parents, caregivers, and others to get the facts and make informed decisions about the COVID-19 vaccine for kids. We created this FAQ to help answer some frequently asked questions about the vaccine.

## Why should my child get the vaccine?

- **The COVID-19 vaccine is the best way to protect your child from being hospitalized or developing long-term symptoms.** COVID-19 is one of the top 10 causes of death among children. Most cases of COVID-19 in children are not severe, but on occasion, COVID-19 can cause serious infections. Children can also have long term health problems from the virus, known as long-COVID.
- **Getting your child vaccinated will also protect family members and friends,** especially those who may be at high risk.
- **Vaccination helps kids be kids.** When kids are up-to-date on vaccines, they can safely do more of the activities they enjoy, like attending birthday parties, playing sports and spending time indoors with friends and family members.

## Is the child vaccine safe and effective?

Yes. The FDA determined that the vaccine had no serious safety concerns identified in clinical studies and was over 90% effective at preventing severe illness from coronavirus in kids. An early study suggests that the vaccine isn't as effective at preventing kids from getting infected, but it provides protection where it matters most: the vaccine prevents hospitalization, severe health problems, and death.

## What age do kids need to be to get vaccinated?

Everyone 5 years and older should get the COVID-19 vaccine. The FDA may approve the vaccine for younger children in the spring of 2022.

## What type of vaccine is available for children?

Currently, only the Pfizer vaccine is authorized for use in children ages 5 to 11. The Pfizer vaccine is authorized for emergency use.

# Frequently Asked Questions About Vaccine For Children (continued)

## Is the vaccine for children the same as the vaccine for 12 and over?

No. The Pfizer vaccine is specially formulated for children. The vaccine for children is made the same way, but it is a smaller dose:

- 10 micrograms for kids
- 30 micrograms for teens/adults

## How many doses of vaccine do kids ages 5 to 11 get?

Children 5 to 11 years should get 2 doses, given 3 weeks apart.

## What ingredients are in the kids' vaccine?

The active ingredient, mRNA, is the same for the Pfizer vaccine for 12+ and the one for 5-to-11-year-olds. The Pfizer vaccine for ages 5 to 11 contains an amino alcohol that helps the vaccine last longer at refrigerated temperatures. The vaccine for 12 and older uses different stabilizers (potassium chloride, potassium phosphate, and sodium phosphate). Both versions of the Pfizer vaccine also contain the same lipids (fats), sodium chloride (salt), and sucrose (sugar).

## Is the vaccine kids free?

Yes. COVID-19 vaccine is always free. COVID-19 vaccines are available at no cost to everyone living in the United States, regardless of insurance or immigration status.

## Should I expect that my child will have side effects?

Your child may feel similar to how they have felt after getting other childhood vaccines. These are normal signs that their body is building protection. Possible side effects may include:

- Sore arm
- Body aches
- Fever

Possible side effects are temporary and usually go away in 1 to 2 days.



# Frequently Asked Questions About Vaccine For Children (continued)

## **Is there a link between myocarditis and the vaccine for kids?**

In very rare cases, people have developed inflammation of the heart muscle following vaccination with mRNA vaccines. The inflammation is known as myocarditis and it goes away quickly with treatment. In the clinical trial in children, there were no cases of myocarditis in the three-month follow-up period after vaccination. The clinical trial is ongoing, and the CDC and FDA have systems in place to continue to monitor and detect possible reactions or other uncommon side effects.

## **What should I do to prepare for my child's vaccination visit?**

- Have your child wear short sleeves or loose-fitting sleeves that are easy to roll up.
- Be honest with your child: Your child needs to know that they will be getting a shot. The shot will hurt for a moment or feel like a pinch.
- Bring a book or small toy for your child to use during the appointment and short waiting period after vaccination.

## **Is there a fertility/development concern with vaccinating children before they reach puberty?**

No. There is no evidence that any vaccines, including COVID-19 vaccines, can cause female or male fertility problems. Millions of women have become pregnant after getting the COVID-19 vaccine. Unvaccinated women have a higher risk of death or death of their baby than women who were vaccinated against COVID-19.

## **What vaccine should a child get if they turn 12 after their first dose of the children's vaccine but before the second dose is due?**

Unlike other medications, vaccine dosages are based on age and not size or weight. If a child turns from 11 to 12 years of age in between their first and second dose, the second dose should be the Pfizer vaccine for adolescents and adults. However, if the child receives the Pfizer COVID-19 Vaccine for children ages 5 through 11 years for their second dose, they do not need to get an additional dose.

**Want to check the facts on the COVID-19 vaccine? Go to:**

[kingcounty.gov/covid/vaccinefaq](https://kingcounty.gov/covid/vaccinefaq)

# Video Resources

## How to use these videos:

- Play them in webinars or presentations
- Copy and paste the links into your social media posts, emails, or newsletters
- Share directly from YouTube by clicking on "Share" in the YouTube app

We've included short text descriptions of each video to copy and paste.



Local pediatrician, Dr. Ben Danielson, answers children's and parents' questions about the COVID-19 Vaccine. (English)

View 5-minute video: [youtu.be/YmOGV87F91M](https://youtu.be/YmOGV87F91M)

Share shorter videos of each question, including:

- Is the vaccine safe for kids? Are there long-term effects? <https://youtu.be/t9FHZE5K4Xo>
- Will the vaccine affect puberty or fertility? <https://youtu.be/uyNcruRHngc>
- Do kids get very sick from COVID? <https://youtu.be/vZhvSmq1rSw>

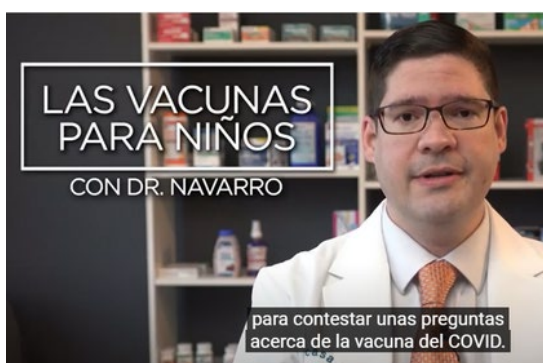


Local pharmacist, Dr. Luis Navarro, answers children's and parents' questions about the COVID-19 Vaccine. (Spanish)

View 5-minute video: [youtu.be/YmOGV87F91M](https://youtu.be/YmOGV87F91M)

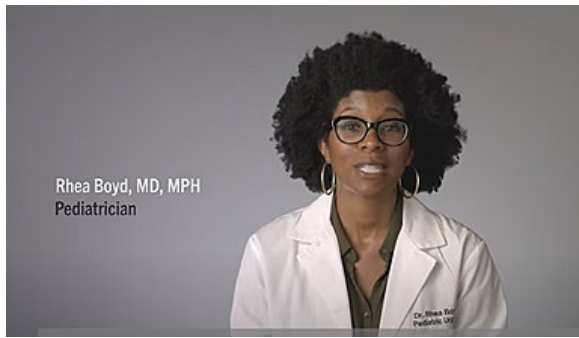
Share shorter videos of each question, including:

- ¿Cómo me voy a sentir después de la vacuna? <https://youtu.be/AFOOFJJI7Ic>
- ¿Por qué necesito vacunarme contra el COVID si los niños no se enferman mucho? [https://youtu.be/hQPTGITH\\_i8](https://youtu.be/hQPTGITH_i8)
- ¿Necesito vacunarme si ya me he enfermado con COVID? <https://youtu.be/xzGfQcunmts>



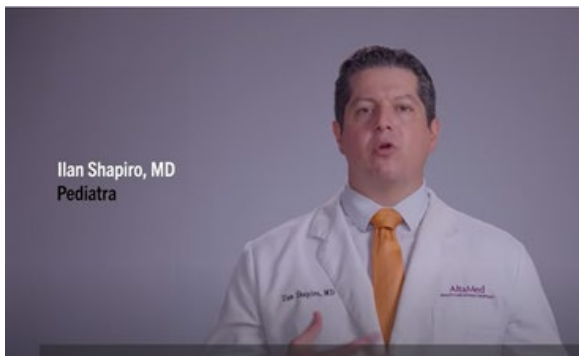
See all the videos on the YouTube playlist: <https://bit.ly/kidsvaxquestions>

# Video Resources



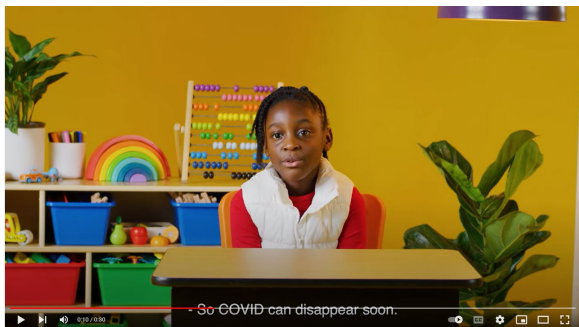
Pediatrician Dr. Rhea Boyd, MD, MPH, explains the COVID-19 health risks for **Black and Latinx children**. Dr. Boyd leads the Black and Latinx centered organization Greater Than COVID. (English - May be translated via YouTube to many languages)

View: [youtu.be/3ZaYGTUDEQQ](https://youtu.be/3ZaYGTUDEQQ)



Dr. Ilan Shapiro, MD talks to parents about why it's important to protect children with the COVID-19 vaccine. (Spanish - May be translated via YouTube to many languages)

View: [youtu.be/IG2RrA0ICB4](https://youtu.be/IG2RrA0ICB4)



**We Asked Kids About the COVID-19 Vaccine.** Kids give their own reasons about why they should get vaccinated. (from the WA State Dept. of Health)

View: [https://youtu.be/\\_auBOYSyua0](https://youtu.be/_auBOYSyua0)



**Families with young children, adolescents, & teens share why they got the COVID-19 Vaccine.** (English - May be translated via YouTube to many languages)

Family with elementary-school age kids: [youtube.com/watch?v=e38HJINjCRo](https://youtube.com/watch?v=e38HJINjCRo)



Family with teens/young adults: [youtube.com/watch?v=K\\_EGF1sw1T4](https://youtube.com/watch?v=K_EGF1sw1T4)

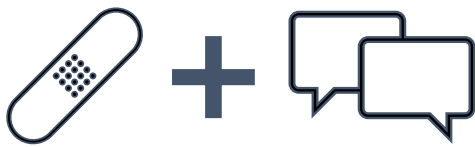
# Community Materials

Download these materials from the "Flyers, slides, and forms" section on: [kingcounty.gov/vaccine/youth](https://kingcounty.gov/vaccine/youth)

## COVID-19 Vaccination For Ages 5 to 17

A two-sided flyer with vaccination information for minors and families including consent information and youth vaccine FAQ.

Available in 22 languages at [kingcounty.gov/youth](https://kingcounty.gov/youth)



## Q&A For Parents & Guardians

This slide deck has information about the COVID-19 vaccine for children ages 5 to 11. It includes questions and answers about safety and side effects, ingredients, cost, and how to help your child be ready to get vaccinated. Use in presentations, webinars, or send in an email.

Available in 16 languages at [kingcounty.gov/youth](https://kingcounty.gov/youth)

**COVID-19 VACCINATION FOR AGES 5-17**

The Pfizer-BioNTech COVID-19 vaccine is now available for anyone age 5 and older. COVID-19 vaccines are safe and extremely effective. All COVID-19 vaccines must go through rigorous testing and review. The FDA authorized the Pfizer vaccine for emergency use for ages 5 and older and found no serious safety concerns. Independent experts confirmed the vaccine meets high safety and effectiveness standards.

COVID-19 vaccines are free and available regardless of health insurance, citizenship, or immigration status. Your provider cannot charge you for an office visit if you only go in to get the vaccine.

**HOW TO GET VACCINATED**

- Find a vaccination site
  - Check out King County vaccination options (many don't require appointments) at [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine) (select language in the bottom of the page)
  - Call your doctor's office or healthcare provider to see if they have vaccination options available.
  - Find pharmacies and other locations by zip code using [vaccinelocator.doh.wa.gov](https://vaccinelocator.doh.wa.gov) (select language in top-right corner drop-down menu)
  - Need help over the phone? Call the King County COVID-19 Call Center any day between 8 AM – 7 PM at 206-477-3977. Interpreters are available – state the language you need when you are connected.
- What to bring to your vaccine appointment:
  - Document to confirm age: state, tribe, or federal-issued identification, birth certificate, school ID or school or medical paperwork with name and date of birth can be used.
  - Consent for vaccination. You may need consent from a parent or other authorized adult to get the COVID-19 vaccine. Youth can consent for themselves if they are emancipated, married to an adult, or the vaccine site determines they are a [mature minor](https://kingcounty.gov/vaccine/youth) (English only). Learn more about consent requirements at [kingcounty.gov/vaccine/youth](https://kingcounty.gov/vaccine/youth) (select language in top-right corner drop-down menu)
  - Wear short sleeves or loose-fitting sleeves that are easy to roll up.
  - Something to do while you wait.

HAVE QUESTIONS? See FAQ on the next page or go to [kingcounty.gov/covid/vaccine](https://kingcounty.gov/covid/vaccine) (select language in top-right corner drop-down menu).

Public Health  
Seattle & King County

**Q&A for parents and guardians**

**What type of vaccine is available for children?**

Currently, **only the Pfizer vaccine** is authorized for emergency use in children ages 5 to 11.

**Should I expect that my child will have side effects?**

Your child may feel similar to how they feel after getting other childhood vaccines. These are normal signs that their body is building protection.

Side effects may include:

- Sore arm
- Body aches
- Fever

Possible side effects are temporary and usually go away in 1-2 days.

**What should I do to prepare for my child's vaccination visit?**

- Have your child wear short sleeves or loose-fitting sleeves that are easy to roll up.
- Be honest with your child: Your child needs to know that they will be getting a shot. The shot will hurt for a moment, or feel like a pinch.
- Bring a book or small toy for your child to use during the appointment and short waiting period after vaccination.



# Messages

Share these messages by copying and pasting them into SMS text, direct messages, or messaging apps such as WhatsApp or KakaoTalk. Adapt them to be more personal or to express your own perspectives.

I thought you might have questions about the COVID-19 vaccines for kids. These videos with Dr. Ben Danielson were really helpful to me: [bit.ly/kidsvaxquestions](https://bit.ly/kidsvaxquestions).

I'm trying to help families find vax for their kids now that everyone 12 and older should get a booster dose. You can find out more about when & where to get yours here: [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine).

Did you know you can schedule an in-home COVID-19 vaccine for people 5 and older who qualify? For more information or to schedule an in-home appointment call 206-477-3977 from 8am-7pm.

Did you know that getting the COVID-19 vaccine is always free, no insurance is needed & you can get it no matter what your immigration status? Learn more about it here: [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine).

I know you're super busy so I thought you should know that you don't need an appointment to get a COVID-19 vaccine or booster. Check here before you go for locations & hours that work for you: [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine).

Hi [name], let me know if for any reason you need help scheduling an COVID-19 vaccine appointment, I'm happy to help. Call me at [phone] I speak [language/s]. You can also call the COVID-19 Call Center at 206-477-3977 and say your preferred language.

Hi [name], it's [name] from [organization], there's really good information here from trusted Black & Latinx doctors about COVID-19 vaccines & pregnancy. I hope you find the info useful: [bit.ly/vaxandpregnancy](https://bit.ly/vaxandpregnancy).

Hi [name], I was really struck by this super short video with Dr. Rhea Boyd, a Black pediatrician. She explains why Black & Latinx kids especially need protection against COVID-19. Thought you might be interested: [youtu.be/3ZaYGTDEQQ](https://youtu.be/3ZaYGTDEQQ).

I just got a digital copy of my COVID-19 vaccination card, and it was easier than I thought. All you need is your name, date of birth & mobile phone or email address to access your vaccination records: <https://waverify.doh.wa.gov>.



# Social Media

## Share These Graphics

We've created graphics that help answer common questions that families and staff may have about COVID vaccine.

- You can download social media graphics from [kingcounty.gov/vaxgraphics](https://kingcounty.gov/vaxgraphics) and share them on your Facebook, Instagram, or Twitter accounts. On this webpage, you'll find graphics sized for the different social media platforms.
- You can also follow our social media accounts and repost our content with your followers.
- Adapt the text from the MESSAGES page or Q&A page in this toolkit to post to your social media. Or use one of the suggested posts below.



## Suggested Posts:

Some kids can get serious infections from COVID (even if most are milder). COVID-19 is one of the top 10 causes of death among children. The COVID-19 vaccine is the best way to protect your child from being hospitalized or developing long-term symptoms. [kingcounty.gov/vaccine/youth](https://kingcounty.gov/vaccine/youth)

Getting your child vaccinated will protect family members and friends, especially those who may be at high risk. [kingcounty.gov/vaccine/youth](https://kingcounty.gov/vaccine/youth)

Vaccination helps kids be kids. When kids are vaccinated, they can safely do more of the activities they enjoy, like birthday parties, sports and spending time indoors with friends and family. [kingcounty.gov/vaccine/youth](https://kingcounty.gov/vaccine/youth)



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# Getting Vaccinated

COVID-19 vaccine is always free, no insurance required. Vaccination is available regardless of citizenship or immigration status. Children, ages 5 to 11 can get the Pfizer Vaccine ONLY.

## Option 1:

King County Vaccination Sites: Drop-ins are welcome and same day appointments are available at many vaccination clinics in locations throughout King County. All sites are ADA accessible and have language and ADA interpretation available.

For more information: [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine) or call the King County COVID Call Center: 206-477-3977 (for interpretation, say your language when connected).

## Option 2:

Call your doctor's office or health care provider to see if they have available vaccination appointments.

## Option 3:

Washington State's Vaccine Locator for pharmacies and other vaccination sites: [vaccinelocator.doh.wa.gov](https://vaccinelocator.doh.wa.gov)



If you have a disability and need accommodation, call 206-477-3977 or email: [publichealthaccommodations@kingcounty.gov](mailto:publichealthaccommodations@kingcounty.gov).

Free childcare is available for vaccination appointments and recuperation from [KinderCare](#) (phone: [1-866-337-3105](tel:1-866-337-3105)), the [Learning Care Group](#) (phone: [1-833-459-3557](tel:1-833-459-3557)), and the YMCA (contact your local YMCA to learn more).

[kingcounty.gov/vaccine](https://kingcounty.gov/vaccine)

# Vaccination Day

This information will help parents know what to bring and what they can expect.

- **Bring a document to confirm child's age:** state, tribe, or federal-issued identification, birth certificate, school ID or school or medical paperwork with name and date of birth can be used.
- **Children should wear short or loose-fitting sleeves** that are easy to roll up and vaccinate their upper arm.

## The type of vaccine administered

Only the Pfizer COVID-19 vaccine is given to children ages 5 to 11. The vaccine is 2 doses that are given 3 weeks apart.

Doctors and nurses are given bottles with orange tops, so they know they have the Pfizer vaccine for children ages 5 to 11.

## After Vaccination

After vaccination, children may have a sore arm, feel achy, and have a fever, like side effects from other child vaccines. Side effects are temporary and usually go away in 1-2 days.

Children are considered fully vaccinated 2 weeks after their 2nd dose of the Pfizer vaccine.

Knowing what to expect can help make COVID-19 vaccination appointments easier for parents and children.

Share this information and video with parents and guardians for information about what they can expect.



[kingcounty.gov/vaccine/youth](https://kingcounty.gov/vaccine/youth)

**COVID-19 Vaccination Record Card**

Please keep this record card, which includes medical information about the vaccines you have received.  
Por favor, guarde este tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ (mm/dd/yy) (see medical record or ID record number)

Vaccine	Product Name/Manufacturer	Date	Healthcare Professional or Clinic Site
1 <sup>st</sup> Dose COVID-19		mm / dd / yy	
2 <sup>nd</sup> Dose COVID-19		mm / dd / yy	
Other		mm / dd / yy	
Other		mm / dd / yy	

# Proof of COVID-19 Vaccination

Some places may ask for proof of vaccination. The following types of proof are accepted in Washington. Note that locations may only accept a specific type from the list below:

- **CDC COVID-19 Vaccination Record Card:** original, copy, or photograph of the card on a mobile device
- **Certificate of COVID-19 vaccination** from MyIRmobile.com
- **Printout of an electronic medical record** from your medical provider
- **Digital QR code** from WAverify.org

More information: [bit.ly/wavaxverify](https://bit.ly/wavaxverify)

Please Note: Children, ages 5 to 11, are NOT considered fully vaccinated until 2 weeks after their 2nd recorded dose.

## Tips for handling your CDC Vaccination Record Card:

- **DON'T** throw it away or lose it.
- **DON'T** show or post it on social media.
- **DON'T** laminate your original card.
- **DO** keep the card stored in a safe place.
- **DO** take a photo of the front and back to have a digital and backup copy handy.
- **DO** make a photocopy of the card if you want to carry it with you.



Video: How to Favorite your Vaccination Card on your phone for easy access

<https://youtu.be/iYog4PRMdXs>

For questions about vaccination records, call: 833-VAX-HELP

# Digital COVID-19 Vaccination Records



**Sign up is quick and easy!**

To access Washington States digital COVID-19 Verification Record System, go to: [waverify.doh.wa.gov](https://waverify.doh.wa.gov).

The system provides a digital copy of state vaccine records. To share proof of a child's vaccination, you can use the electronic or a printed version of the record you'll get from the system.

People within a family may have multiple verification records associated with a mobile number or email address, enter each digital verification record request separately.



## To sign up you will need to enter:

- First name
- Last name
- Date of birth
- The **mobile number\*** or **email** associated with the vaccine record.  
\*If you do not get a match using your mobile phone number, try again using your email address.

You will create a 4-digit pin number. The system will send a link to enter the PIN number and access the digital vaccine record.

**For questions about vaccination records, call: 833-VAX-HELP**

# Looking for More Resources?

## Have medical questions about COVID-19?

Contact the King County COVID-19 call center at 206-477-3977, 8 a.m. to 7 p.m. If you need language interpretation or online help, contact the call center and say your preferred language when connected.

If you have a disability and need accommodation, contact the call center or email: [publichealthaccommodations@kingcounty.gov](mailto:publichealthaccommodations@kingcounty.gov).



## Invite a speaker from Public Health

We offer educational presentations on vaccine and other COVID-19 topics, including in multiple languages:

[kingcounty.gov/covid/presentations](https://kingcounty.gov/covid/presentations)

## Take a training to help talk to families about vaccine

This free, 2-hour training course prepares parents, PTAs, community members, and school staff to be Vaccine Ambassadors and promote vaccine acceptance in their communities.

[www.coursera.org/learn/covid-vaccine-ambassador](https://www.coursera.org/learn/covid-vaccine-ambassador)



## More resources from Public Health

Our Community Materials page has additional flyers, slides, videos, and more. Check [kingcounty.gov/covid/vaxresources](https://kingcounty.gov/covid/vaxresources) regularly for new materials and additional translations!

Information about testing (including videos on how to do a self-test), caring for someone with COVID-19, and other information:

[kingcounty.gov/covid](https://kingcounty.gov/covid)

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[kingcounty.gov/covid/vaxresources](https://kingcounty.gov/covid/vaxresources)

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