Covid-19 Vaccine Information for Parents

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- Myocarditis and Pericarditis Following mRNA COVID-19 Vaccination (English/Spanish)

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This resource is meant to provide useful, educational materials to daycare providers and parents of young children. Visit GetHealthyCT.org for more information.

June 2021

Get Healthy CT

COVID-19 Vaccine for Children and Teens

CDC recommends vaccination for everyone 12 years and older to help protect against COVID-19.

Why does my child need a COVID-19 vaccine?

COVID-19 vaccines help protect kids from getting COVID-19. Getting a COVID-19 vaccine will also help keep them from getting seriously ill even if they do get COVID-19.

When should my child be vaccinated?

All children who are 12 years and older should get a COVID-19 vaccine. If your child hasn't gotten their vaccine yet, talk to their doctor about getting it as soon as possible.

Are COVID-19 vaccines safe for my child?

Yes. COVID-19 vaccination provides safe and effective protection against the virus that causes COVID-19. COVID-19 vaccines have been used under the most intensive safety monitoring in U.S. history.

The Pfizer-BioNTech COVID-19 Vaccine is now available for everyone ages 12 years and older. In the clinical trial for children 12 through 15 years old, no safety concerns were identified with the Pfizer-BioNTech COVID-19 Vaccine.

All authorized and recommended COVID-19 vaccines:

- are safe,
- are effective
- help protect from severe illness

The clinical trial also showed that the Pfizer-BioNTech vaccine was 100% effective at preventing COVID-19 with symptoms in children 12 through 15 years old. In addition, children's immune systems responded to the vaccine in a way similar to that of older teens and young adults. To get the most protection, your child will need 2 shots given 3 weeks (21 days) apart.

Before, during and after your child's vaccination

- Tell the doctor or nurse about any allergies your child may have.
- Comfort your child during the appointment.
- To prevent fainting and injuries related to fainting, your child should be seated or lying down during vaccination and for 15 minutes after the vaccine is given.
- After your child's COVID-19 vaccination, you will be asked to stay for 15-30 minutes so your child can be observed in the

Can my child get a COVID-19 vaccine during the same visit with other vaccines?

Yes. Your child can get a COVID-19 vaccine and other vaccines at the same visit. Experience with other vaccines has shown that the way our bodies develop protection after getting vaccinated (immune response) and possible side effects of vaccines are generally the same when given alone or with other vaccines. Talk with your healthcare provider to learn more.

www.cdc.gov/coronavirus/vaccines

What are the side effects?

Your child may have some side effects, which are normal signs that their body is building protection. These side effects may affect your child's ability to do daily activities, but they should go away in a few days. Some people have no side effects. Side effects from the second shot may be more intense than after the first shot.

Possible side effects after COVID-19 vaccination include:

On the arm where you got the shot:	Throughout the rest of your body:
■ Pain ■ Redness ■ Swelling	■ Tiredness ■ Headache ■ Muscle pain ■ Chills ■ Fever ■ Nausea

The benefits of COVID-19 vaccination far outweigh any potential risk of side effects. COVID-19 vaccination will help protect your child from getting COVID-19.

Contact your child's healthcare provider:

■ If the redness or tenderness where the shot gets worse after 24 hours.
■ If the side effects are worrying you or do not seem to be going away after a few days.

Who is paying for COVID-19 vaccines?

The federal government is providing COVID-19 vaccines free of charge to all people living in the United States, regardless of their immigration or health insurance status. COVID-19 vaccination providers **cannot:**

■ Charge you for the vaccine
■ Charge you directly for any administration fees, copays, or coinsurance
■ Deny vaccination to anyone who does not have health insurance coverage, is underinsured, or is out of network
■ Charge an office visit or other fee to the recipient if the only service provided is a COVID-19 vaccination
■ Require additional services in order for a person to receive a COVID-19 vaccine.

Where can I learn more?

Talk to your child's doctor or nurse to learn more about COVID-19 vaccines and other vaccines that your child may need.

You can also find out more at www.cdc.gov/coronavirus.

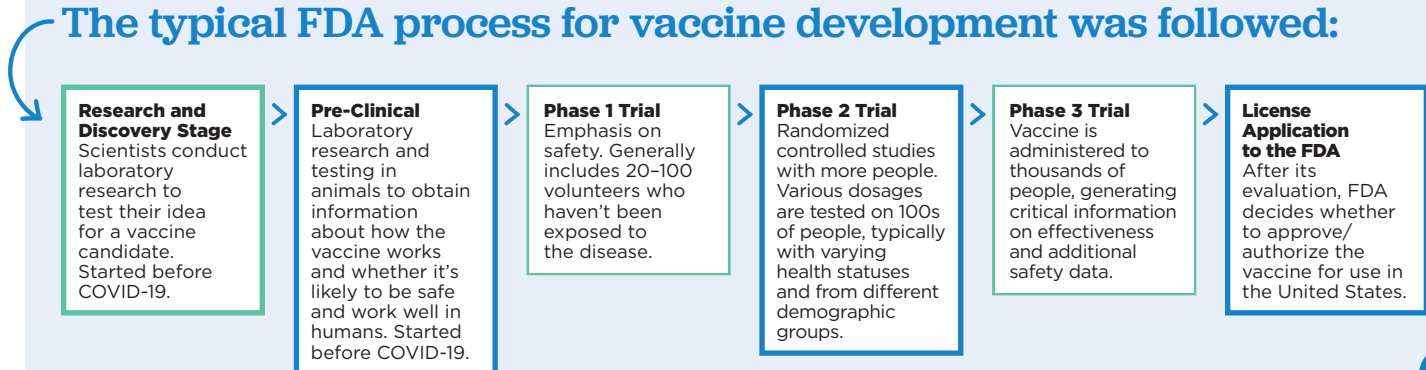# How Did the COVID-19 Vaccine Get Developed So Quickly?

ct.gov/covidvaccine

DPH
Keeping Connecticut Healthy
Connecticut Department of Public Health
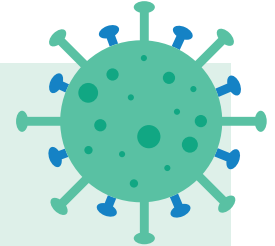
These mRNA vaccines are a result of decades of work.

- **Lessons learned from earlier vaccine research** informed strategies for developing COVID-19 vaccines.

- Severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) are two diseases caused by coronaviruses closely related to the virus that causes COVID-19. Researchers began working on developing vaccines for these diseases after they were discovered in **2003 and 2012,** respectively.

- None of the SARS vaccines ever made it past the first stages of development and testing, in large part because the virus disappeared. **One MERS vaccine (MVA-MERS-S) successfully completed a phase 1 clinical trial in 2019.**

- **mRNA vaccines have been studied before** for flu, Zika, rabies, and cytomegalovirus (CMV).

- As soon as the genetic code became available for SARS-CoV-2 (the virus that causes COVID-19), scientists began designing the mRNA for the vaccine, which **provides instructions for cells to build the unique spike protein for SARS-CoV-2.**

## The typical FDA process for vaccine development was followed:

Research and Discovery Stage Scientists conduct laboratory research to test their idea for a vaccine candidate. Started before COVID-19.	**Pre-Clinical** Laboratory research and testing in animals to obtain information about how the vaccine works and whether it's likely to be safe and work well in humans. Started before COVID-19.	**Phase 1 Trial** Emphasis on safety. Generally includes 20–100 volunteers who haven't been exposed to the disease.	**Phase 2 Trial** Randomized controlled studies with more people. Various dosages are tested on 100s of people, typically with varying health statuses and from different demographic groups.	**Phase 3 Trial** Vaccine is administered to thousands of people, generating critical information on effectiveness and additional safety data.	**License Application to the FDA** After its evaluation, FDA decides whether to approve/ authorize the vaccine for use in the United States.

Learn more, read the COVID-19 vaccine's path to authorization: www.fda.gov/media/143890/download

Getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19.

For some people, COVID-19 can cause severe illness or death. Getting vaccinated not only protects you from COVID-19, it also protects those around you by preventing its spread. Stopping a pandemic requires using all the prevention tools available. Vaccines work with your immune system so your body will be ready to fight the virus. Other steps, like masks and social distancing, help reduce your chance of being exposed to the virus and spreading it to others. **Together, COVID-19 vaccination and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.**

GET THE FACTS ON THE VAX

SOURCES
- www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html
- www.fda.gov/vaccines-blood-biologics/development-approval-process-cber/vaccine-development-101
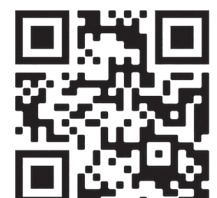
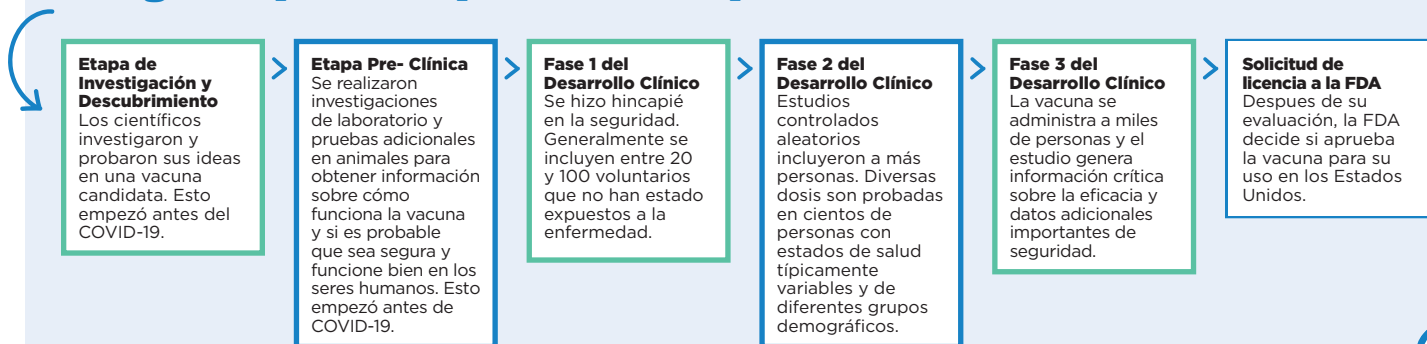# ¿Cómo se desarrolló la vacuna contra COVID-19 tan rápidamente?

ct.gov/covidvaccine

DPH
Keeping Connecticut Healthy
Connecticut Department of Public Health
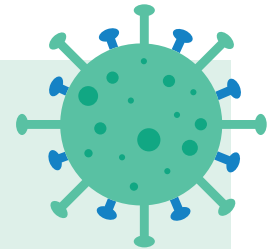
Estas vacunas de ARNm son el resultado de décadas de trabajo.

- Son lecciones aprendidas de anteriores investigaciones de vacunas para poder desarrollar una vacuna contra el COVID-19.

- El síndrome respiratorio agudo grave y el síndrome respiratorio del Medio Oriente (SARS y MERS, por sus siglas en inglés respectivamente) son dos enfermedades causadas por varios coronaviruses que están estrechamente relacionados con el virus que causa el COVID-19. Los investigadores comenzaron a desarrollar las vacunas contra estas enfermedades tras haber sido descubiertas en el 2003 y el 2012, respectivamente.

- Ninguna de las vacunas contra el SARS pasó sus primeras etapas de desarrollo y prueba, en gran parte porque el virus desapareció. Una vacuna MERS (MVA-MERS-S) completó con éxito un ensayo clínico de fase 1 en el 2019.

- Se han estudiado versiones de vacunas de ARNm contra la influenza, el zika, la rabia y el citomegalovirus (CMV).

- Tan pronto el código genético estuvo disponible para el SARS-CoV-2 (el virus que causa el COVID-19), los científicos comenzaron a diseñar el ARNm de la vacuna, que proporciona instrucciones para que las células construyan la única proteína para el SARS-CoV-2.

Se siguió el proceso típico de la FDA para el desarrollo de vacunas:

Etapa de Investigación y Descubrimiento Los científicos investigaron y probaron sus ideas en una vacuna candidata. Esto empezó antes del COVID-19.	**Etapa Pre- Clínica** Se realizaron investigaciones de laboratorio y pruebas adicionales en animales para obtener información sobre cómo funciona la vacuna y si es probable que sea segura y funcione bien en los seres humanos. Esto empezó antes de COVID-19.	**Fase 1 del Desarrollo Clínico** Se hizo hincapié en la seguridad. Generalmente se incluyen entre 20 y 100 voluntarios que no han estado expuestos a la enfermedad.	**Fase 2 del Desarrollo Clínico** Estudios controlados aleatorios incluyeron a más personas. Diversas dosis son probadas en cientos de personas con estados de salud típicamente variables y de diferentes grupos demográficos.	**Fase 3 del Desarrollo Clínico** La vacuna se administra a miles de personas y el estudio genera información crítica sobre la eficacia y datos adicionales importantes de seguridad.	**Solicitud de licencia a la FDA** Despues de su evaluación, la FDA decide si aprueba la vacuna para su uso en los Estados Unidos.

Para más información, lea el camino para la autorización de la vacuna de COVID-19: www.fda.gov/media/143890/download

Vacunarse contra el COVID-19 es uno de los muchos pasos fundamentales que puede tomar para protegerse y proteger a otros contra el COVID-19.

Para algunos, el COVID-19 puede causar enfermedades graves o la muerte. La vacunación no solo lo protege del COVID-19, sino que también protege a los que están a su alrededor al prevenir su propagación. Detener una pandemia requiere la utilización de todas las herramientas de prevención disponibles. Las vacunas trabajan con su sistema inmunológico para que su cuerpo esté listo para combatir el virus. Otros pasos, como las máscaras y el distanciamiento social, ayudan a reducir la posibilidad de estar expuesto al virus y trasmitirlo a otras personas. La vacunación contra el COVID-19 y seguir las recomendaciones de los CDC son dos elementos importantes para protegerse a si mismo y a los demás contra el COVID-19.

GET THE FACTS ON THE VAX

FUENTES
- www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mRNA.html
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html
- www.fda.gov/vaccines-blood-biologics/development-approval-process-cber/vaccine-development-101

Myocarditis and Pericarditis Following mRNA COVID-19 Vaccination

Updated May 27, 2021

What You Need to Know

- More than 165 million people have received at least one dose of COVID-19 vaccine in the United States, and CDC continues to monitor the safety of COVID-19 vaccines for any health problems that happen after vaccination.

- Since April 2021, there have been increased reports to the Vaccine Adverse Event Reporting System (VAERS) of cases of inflammation of the heart—called myocarditis and pericarditis—happening after mRNA COVID-19 vaccination (Pfizer-BioNTech and Moderna) in the United States.

- These reports are rare, given the number of vaccine doses administered, and have been reported after mRNA COVID-19 vaccination (Pfizer-BioNTech and Moderna), particularly in adolescents and young adults.

- CDC and its partners are actively monitoring these reports, by reviewing data and medical records, to learn more about what happened and to see if there is any relationship to COVID-19 vaccination.

- Most patients who received care responded well to medicine and rest and quickly felt better.

- Cases reported to VAERS have occurred:

  - Mostly in male adolescents and young adults age 16 years or older

  - More often after getting the second dose of one of these two COVID-19 vaccines than after the first dose

  - Typically within several days after COVID-19 vaccination

- Patients can usually return to their normal daily activities after their symptoms improve, and they should speak with their doctor about return to exercise or sports.

- CDC continues to recommend [COVID-19 vaccination](#) for everyone 12 years of age and older, given the greater risk of COVID-19 illness and related, possibly severe complications.

- Getting vaccinated is the best way to help protect yourself and your family from COVID-19.

- More information will be shared as it becomes available.

Myocarditis is inflammation of the heart muscle, and **pericarditis** is inflammation of the outer lining of the heart. In both cases, the body's immune system causes inflammation in response to an infection or some other trigger. Learn more about [myocarditis and pericarditisexternal icon](#).

Should I Still Get Myself or My Child Vaccinated?

Yes. **CDC continues to recommend COVID-19 vaccination for everyone 12 years of age and older**, given the risk of COVID-19 illness and related, possibly severe complications, such as long-term health problems, hospitalization, and even death. If you or your child has already gotten the first dose of the Pfizer-BioNTech or Moderna vaccine, it's important to get the second dose unless a vaccination provider or your doctor tells you not to get it.

The known and potential benefits of COVID-19 vaccination outweigh the known and potential risks, including the possible risk of myocarditis or pericarditis. Also, most patients with myocarditis and pericarditis who received care responded well to medicine and rest and quickly felt better.

If you have concerns about COVID-19 vaccination, talk with your or your child's doctor, nurse, or clinic.

What Symptoms Should I Be on the Lookout for after COVID-19 Vaccination?

Be on the lookout for any of the following symptoms:

- Chest pain

- Shortness of breath

- Feelings of having a fast-beating, fluttering, or pounding heart

Seek medical care if you think you or your child have any of these symptoms within a week after COVID-19 vaccination.

Source: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html

Miocarditis y pericarditis después de recibir una vacuna de ARNm contra el COVID-19

Actualizado el 27 de mayo del 2021

Lo que necesita saber

- Más de 165 millones de personas han recibido al menos una dosis de la vacuna contra el COVID-19 en los Estados Unidos, y los CDC siguen monitoreando la seguridad de las vacunas contra el COVID-19 para detectar cualquier problema de salud que pueda aparecer después de la vacunación.
- Desde abril del 2021, ha habido un aumento en las notificaciones de casos de inflamación cardiaca, conocida como miocarditis o pericarditis, en el Sistema de Notificación de Reacciones Adversas a las Vacunas (VAERS) en personas que recibieron la vacuna de ARNm contra el COVID-19 (Pfizer-BioNTech y Moderna) en los Estados Unidos.
- Estas notificaciones son infrecuentes, dada la cantidad de dosis de vacunas administradas, y fueron notificadas como efecto secundario posterior a la administración de una vacuna de ARNm contra el COVID-19 (Pfizer-BioNTech y Moderna), particularmente en adolescentes y adultos jóvenes.
- Los CDC y sus socios están monitoreando estas notificaciones activamente, revisando datos y registros médicos, para obtener más información sobre lo sucedido y ver si existe alguna relación con la vacunación contra el COVID-19.
- La mayoría de los pacientes que recibieron atención respondieron bien al tratamiento con medicamentos y al reposo y se sintieron mejor rápidamente.
- Los casos notificados al VAERS:
    - Corresponden principalmente a adolescentes y adultos jóvenes de 16 años de edad o más de sexo masculino
    - Fueron más frecuentes después de la segunda dosis de una de estas dos vacunas contra el COVID-19 que después de la primera dosis
    - Por lo general se presentaron pasados varios días de la vacunación contra el COVID-19
- Por lo general los pacientes pueden reanudar sus actividades habituales de la vida diaria una vez que mejoran sus síntomas, y deben consultar con sus médicos acerca de reanudar la ejercitación o las actividades deportivas.
- Los CDC siguen recomendando la [vacunación contra el COVID-19](#) para todas las personas de 12 años de edad o más, ya que el riesgo es mayor con el COVID-19 y sus posibles complicaciones graves asociadas.
- Vacunarse es la mejor manera de ayudar a protegerse y proteger a su familia del COVID-19.
- Se difundirá más información en la medida que esté disponible.

La **miocarditis** es una inflamación del músculo cardiaco, y la **pericarditis** es una inflamación de la capa exterior que recubre el corazón. En ambos casos, el sistema inmunitario del organismo causa la inflamación en respuesta a una infección o algún otro desencadenante. Obtenga más información sobre la [miocarditis y la pericarditisícono de sitio externo](#).

¿Igual debo vacunarme o vacunar a mi hijo?

Sí. **Los CDC siguen recomendando la vacunación contra el COVID-19 para todas las personas de 12 años de edad o más**, debido al riesgo que suponen el COVID-19 y sus posibles complicaciones graves, como problemas de salud de largo plazo, hospitalizaciones e incluso la muerte. Si usted o su hijo ya recibieron la primera dosis de las vacunas de Pfizer-BioNTech o de Moderna, es importante darse la [segunda dosis](#) excepto que un proveedor de vacunación o su médico le indiquen [que no se la aplique](#).

Los beneficios conocidos y potenciales de la vacunación contra el COVID-19 superan los riesgos conocidos y potenciales, incluido el posible riesgo de miocarditis o pericarditis. Además, la mayoría de los pacientes con miocarditis y pericarditis que recibieron atención respondieron bien al tratamiento con medicamentos y al reposo y se sintieron mejor rápidamente.

Si tiene dudas acerca de la vacunación contra el COVID-19, hable con su médico o el médico de su hijo, o con el personal de enfermería o clínica donde reciben atención.

¿A qué síntomas debería estar atento después de la vacunación contra el COVID-19?

Debe estar atento a la aparición de alguno de los siguientes síntomas:

- Dolor de pecho
- Dificultad para respirar
- Sensación de que se le acelera el corazón, o le late con más fuerza

Si cree que usted o su hijo pueden tener alguno de estos síntomas dentro de la semana de recibida la vacuna contra el COVID-19, busque atención médica.

Resources for Individuals and Families During the COVID-19 Pandemic

The following resources are for individuals and families navigating the landscape during the COVID-19 Pandemic.

For the most updated general information about Connecticut's COVID-19 response

- Visit www.ct.gov/coronavirus
- Visit https://uwc.211ct.org/covid19resources
- Dial 2-1-1

Unemployment Insurance, Job Seeking, and Job Training

- http://www.ctdol.state.ct.us

Housing

Renters

- http://jud.ct.gov/
- https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Rent-and-Eviction

Homeowners

If you own your home and are unable to make your monthly mortgage payments, please contact your bank or lender and ask for help. There is currently a delay in foreclosure actions.

- https://portal.ct.gov/DOB/Consumer/Consumer-Help/COVID-19-Mortgage-Relief
- https://www.ctfairhousing.org/fair-housing-protections-the-covid-19-public-health-emergency/
- https://www.fanniemae.com/portal/media/corporate-news/2020/covid-homeowner-assistance-options-7000.html

Homelessness

- https://cceh.org/covid19/
- http://ct-housing.org/
- https://portal.ct.gov/DMHAS/Programs-and-Services/Statewide-Services/Housing--Homeless-Services
- Dial 2-1-1 and press option "1" and then press "3" if you are in a housing emergency

Home Heating Assistance

- www.ct.gov/staywarm

Childcare Resources

- Dial 2-1-1 and press option "2"
- https://www.ctoec.org/covid-19/

Resources for People with Disabilities

- https://portal.ct.gov/AgingandDisability
- https://www.disrightsct.org/resource-center
- https://www.ctfairhousing.org/covid-19-protections-for-people-with-disabilities/

Reopen Connecticut Business Information

- https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/Small-Business-Reopening-Resource-Guide
- https://business.ct.gov/Recovery

Food Insecurity Information

FOODSHARE (Hartford and Tolland Counties)

- http://www.foodshare.org

CT Food Bank (Fairfield, Litchfield, Middlesex, New Haven, New London, & Windham Counties)

- http://www.ctfoodbank.org/

United Way 211

- 211ct.org/foodpantries

Additional Food Resources

- https://portal.ct.gov/DCF/COVID-19/Food

It's Important to be Counted! Information about the Census

- https://portal.ct.gov/census2020

Consumer Protection

If you or anyone you know have been the victim of a scam of any kind during this time, please contact the Department of Consumer Protection and let them know. Email dcp.complaints@ct.gov, call 860-713-6300/ toll free 1-800-842-2649, or visit www.ct.gov/DCP/complaint.

Recursos para individuos y familias durante la pandemia COVID-19

Los siguientes recursos son para individuos y familias afrontando la situación durante la pandemia COVID-19.

Para obtener información general más actualizada sobre la respuesta al COVID-19 en Connecticut

- Visite www.ct.gov/coronavirus
- Visite https://uwc.211ct.org/covid19resources
- Llame al 2-1-1

Seguro de desempleo, búsqueda de empleo y capacitación laboral

- http://www.ctdol.state.ct.us

Vivienda

Inquilinos

- http://jud.ct.gov/
- https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Rent-and-Eviction

Propietarios

Si usted es dueño/a de su casa y no puede hacer sus pagos mensuales de hipoteca, póngase en contacto con su banco o entidad crediticia y pida ayuda. Actualmente hay un retraso en las acciones de ejecución hipotecaria.

- https://portal.ct.gov/DOB/Consumer/Consumer-Help/COVID-19-Mortgage-Relief
- https://www.ctfairhousing.org/fair-housing-protections-the-covid-19-public-health-emergency/
- https://www.fanniemae.com/portal/media/corporate-news/2020/covid-homeowner-assis-tance-options-7000.html

Carentes de vivienda

- https://cceh.org/covid19/
- http://ct-housing.org/
- https://portal.ct.gov/DMHAS/Programs-and-Services/Statewide-Services/Housing--Home-less-Services
- Llame al 2-1-1 y pulse la opción "1" y luego presione "3" si está en una emergencia de vivienda

Asistencia para calefacción en el hogar

- www.ct.gov/staywarm

Recursos de cuidado infantil

- Llame al 2-1-1 y pulse la opción "2"
- https://www.ctoec.org/covid-19/

Recursos para personas con discapacidad

- https://portal.ct.gov/AgingandDisability
- https://www.disrightsct.org/resource-center
- https://www.ctfairhousing.org/covid-19-protections-for-people-with-disabilities/

Información sobre la reapertura de comercios en Connecticut

- https://portal.ct.gov/DECD/Content/Coronavirus-Business-Recovery/Small-Business-Reopening-Resource-Guide
- https://business.ct.gov/Recovery

Información sobre inseguridad alimentaria

FOODSHARE (Condados de Hartford y Tolland)

- http://www.foodshare.org

Banco de Alimentos CT (Condados de Fairfield, Litchfield, Middlesex, New Haven, New London y Windham)

- http://www.ctfoodbank.org/

United Way 211

- 211ct.org/foodpantries

Recursos alimenticios adicionales

- https://portal.ct.gov/DCF/COVID-19/Food

¡Es importante ser contado! Información sobre el Censo

- https://portal.ct.gov/census2020

Protección del Consumidor

Si usted o alguien que conoce ha sido víctima de una estafa de cualquier tipo durante este tiempo, póngase en contacto con el Departamento de Protección al Consumidor y repórtelo. Envíe un correo electrónico a dcp.complaints@ct.gov, llame al 860-713-6300, llame gratis al 1-800-842-2649 o visite www.ct.gov/DCP/complaint.