

COVID-19 vaccination for Children: Checklist for Parents and Caregivers

Vaccinate WA
CovidVaccineWA.org

Vaccination is the best way to protect your child and the people around them from COVID-19. The COVID-19 vaccination is now recommended for those ages 6 months and older. Children might be nervous about getting the shots. Use this checklist to help you and your child get ready for their COVID-19 vaccine.

Before the Visit: Get Ready

- Prepare yourself as a parent.** Get the information and reassurance you need about the vaccine by reaching out to your child's pediatrician or visiting [COVIDVaccineWA.org](https://www.CovidVaccineWA.org).
- Make an appointment.** Call your child's pediatrician or health care provider to see if they offer the vaccine. You can also use Vaccine Locator at vaccinelocator.doh.wa.gov to find vaccination centers nearby.
- Plan ahead for special needs.** When scheduling the vaccine appointment, be sure to mention if your child has any special needs.
- Give your child a heads up.** Plan to talk to your child about the vaccine before the appointment.
- Talk openly and honestly with your child about the vaccine.** Listen to their concerns and provide age-appropriate answers to their questions.
- Focus on the positives.** Talk about why the COVID-19 vaccine is exciting and why you got yours. Knowing the *why* may help motivate your child and reduce their anxiety.
- Let your child know it's OK to be scared or nervous.** Reassure them that it's normal to feel this way.
- Pack comfort items.** Have your child pick a toy or stuffed animal to keep them company during the vaccination visit.



At the Appointment

- Get answers to any remaining questions.** Ask your health care provider any final questions about the vaccine or what to expect after your child gets vaccinated.

Questions? Visit: www.CovidVaccineWA.org

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- Reassure your child with your presence.** Hold their hand or sit next to them during the appointment.
- Model calm.** Take a few deep breaths to model for your child how to calm their mind and body.
- Give your child choices.** Would they like to get the vaccination in their left or right arm? Do they want you to count down when it's time for their vaccine, or not?
- Plan to wait for at least 15 minutes after vaccination** before leaving. During this time, the provider will watch for an allergic reaction. Allergic reactions are rare, but providers are trained to help if that happens.
- Schedule their next dose or booster.** Discuss next steps in the vaccine process for your child with their provider. Number of doses in a series may vary based on age and COVID-19 vaccine brand provided. Additionally, booster doses are recommended for those ages 5 and over.



After the Visit

- Celebrate!** Your child has patiently waited for their vaccine and adjusted to many life changes during the pandemic. Celebrate with a high five, a hug, words of affirmation, or whatever brings joy to you and your child.
- Let your child rest.** Your child may experience common side effects, so follow your health care provider's advice on how to help them through any discomfort.
- Keep your child's COVID-19 vaccination record card.** At the visit, your provider will give you your child's vaccination record card as proof that your child was vaccinated. Make sure to keep this card somewhere safe. Take a photo or make a photocopy if you want to have a copy with you.
- Remember that your child doesn't have full protection until 2 weeks after their final dose.** A person is up to date with their COVID-19 vaccination if they have received all recommended doses in the primary series and boosters when eligible. Visit lifeaftervaccine.org for more information on how your child can continue to protect themselves and their community after getting vaccinated.



For more information about COVID-19 in Washington State, visit coronavirus.wa.gov. You can also contact the Department of Health call center at **1-800-525-0127 and press #** from 6 a.m. to 10 p.m. Monday, and 6 a.m. to 6 p.m. Tuesday — Sunday and observed state holidays. Language assistance is available.