

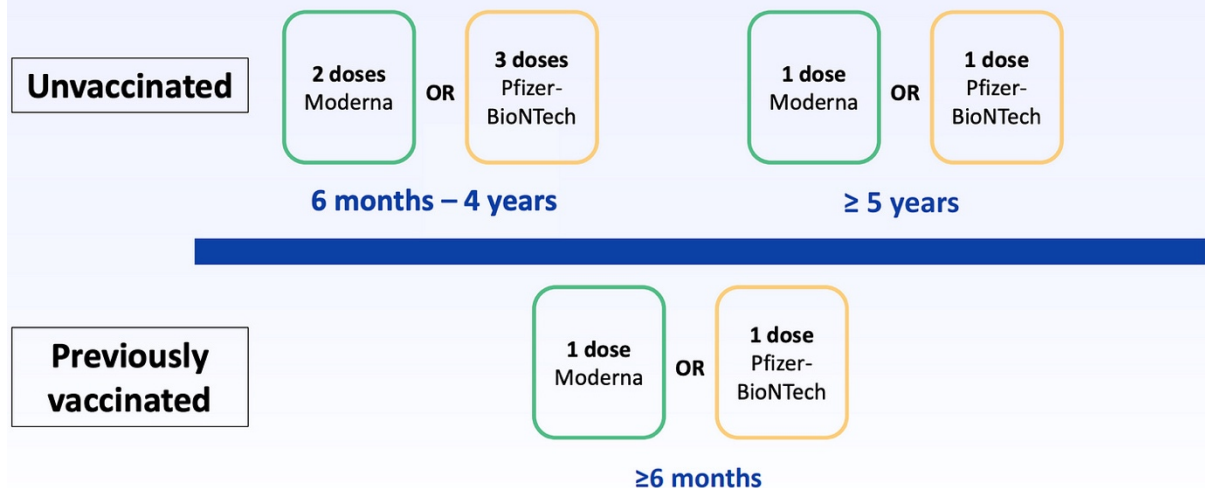
## COVID19 Vaccines for Kids Under 5

The Pfizer and Moderna vaccines are now authorized and approved for children ages 6 months+. Only the **monovalent (single strain)** Pfizer and Moderna boosters are now available for both the primary series and booster for children.

Please email or portal us if you are interested in getting your child 6 mo to 5 years of age vaccinated- we will have small clinics based on interest, and if we are unable to do so you can see below where the vaccine is offered for all ages.

Older children will need to get vaccinated at an outside clinic (see below for suggestions, pharmacies will also vaccinate children ages 5 and older.)

### Proposed 2023 – 2024 COVID-19 vaccine recommendations for mRNA COVID-19 vaccines



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Should you get your young child vaccinated, how long do you wait after your child has had a COVID29 infection, and what are the pros and cons of each vaccine? The below articles are a wealth of information. Please read prior to asking us any follow up questions.

<https://yourlocalepidemiologist.substack.com/p/considerations-for-your-fall-covid-information-from-an-epidemiologist-well-versed-in-all-things-COVID19>, Dr Katelyn Jetelina

<https://gretchenlasallemd.com/breaking-news-covid-vaccines-for-kids-6-months->

[to-5-years-are-finally-here/](#) - Dr Gretchen LaSalle gives a deep dive into safety, efficacy and side by side comparison of the two vaccine options.

<https://www.yalemedicine.org/news/covid-19-vaccines-kids-under-5> - information for Yale's Pediatric Infectious Disease Expert Dr. Tom Murray

<https://vaxopedia.org/2022/06/21/covid-vaccines-for-young-children-questions-and-answers/>

<https://robinschoenthaler.medium.com/vaccinating-the-littles-d1542251f0af> - Why vaccines for ages 0-5 were approved, FAQ

[https://globalepidemics.org/wp-content/uploads/2022/06/Talking\\_About\\_Covid\\_Vaccines.pdf?fbclid=IwAR3yrUuMv0Szs\\_jVmFETuGzIxbCnWZWU5ZDbDZHdT6SNfP-txWkpHSOYO4g](https://globalepidemics.org/wp-content/uploads/2022/06/Talking_About_Covid_Vaccines.pdf?fbclid=IwAR3yrUuMv0Szs_jVmFETuGzIxbCnWZWU5ZDbDZHdT6SNfP-txWkpHSOYO4g) - a Brown University summary of the Pfizer vs Moderna COVID19 vaccine trial data

<https://theunbiasedscipod.substack.com/p/which-covid-19-vaccine-is-better> - choosing between Pfizer and Moderna (they are pros and cons to each- bottom line, just get your child vaccinated)

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq-children.html> The CDC answers common questions about the vaccine

<https://www.thepediatricianmom.com/blog/vaccinating-kids-under-5> (Q&A about under 5 vaccines)

**[The American Academy of Pediatrics information about the COVID-19 vaccine for young children](#)**

**The Science behind the COVID-19 vaccine**

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/The-Science-Behind-the-COVID-19-Vaccine-Parent-FAQs.aspx>

**How mRNA vaccines work:** <https://www.youtube.com/watch?v=YOlrNlvEiMw>

**Is the Pfizer Pediatric COVID19 Vaccine safe for ages 5-11yrs?**

[COVID-19 Vaccines for Children and Teens](#) the CDC  
[COVID19 Vaccines for Kids, What you Need to Know](#) the Mayo Clinic  
[Kids Vaccine Safely By the Numbers](#) by Emily Oster  
[Should you Vaccinate Your Kids-](#) By the Numers by Thomas Pueyo

## Where can I locate pediatric vaccine outside of Saugatuck Pediatric clinics?

### [Centralized CT search site](#)

- In CT go to: <https://portal.ct.gov/vaccine-portal>
- Search [vaccines.gov](https://vaccines.gov)
- text your ZIP code to 438829
- call 1-800-232-0233

\*[Norwalk Community Health Center Clinics](#) (regular clinics for ages 6 mo+)- this is your best option

[Griffin Hospital Clinic](#)- all ages 6 mo+ Monday 4-7pm and Saturdays 9 am-12 noon

[vaccines.gov](https://vaccines.gov) (generalized search for sites for all ages)

[Stamford Hospital Clinics](#) (providing vaccine for ages 6 mo+)

[Yale Hospital Clinics](#) (providing vaccine for ages 6 mo+)

[CVS store locator](#) (ages 18 mo+)

[Walgreens locator](#) (ages 3 yr+)

[Fair Haven Community Health Center](#)

There are two occasional, mild and non-worrisome side effects linked to the COVID19 vaccine: Lymphadenopathy (swelling of lymph nodes) in the area of the shot, and a hypersensitivity rash, also in the area of the shot. These are not dangerous, and resolve on their own. It isn't recommended that you give your child an over-the-counter pain reliever **before** vaccination to prevent side effects. It's OK to give this kind of medication **after** the vaccine. If the rash is itchy or painful, use ice and 1% hydrocortisone cream (Cortaid).

**There is NO need to alert us if your child has any of the above NON ALLERGIC side effects- they are common, resolve quickly and are signs that the vaccine is working!**

**There have been reported cases of myocarditis and pericarditis after mRNA COVID-19 initial vaccination series, particularly in male adolescents and young adults age 16 and older after the second vaccine dose. Myocarditis is the inflammation of the heart muscle, while pericarditis is the inflammation of the lining outside the heart. The risk of vaccine induced myocarditis (very rare, very treatable, no fatalities) is less than the risk of COVID19 infection induced heart inflammation (not as rare, can be fatal, can last much longer.). None of the children in the 5-11 year age group trial developed myocarditis, nor were there any cases of anaphylaxis or death. Subsequent studies involving booster vaccines have NOT shown an increased risk of myocarditis, likely due to the spreading apart of the vaccine in time.**

Symptoms to watch for include:

- Chest pain
- Shortness of breath
- Feelings of having a fast-beating, fluttering or pounding heart

**If you or your child has any of these symptoms within a week of getting a COVID-19 vaccine, seek medical care immediately. Myocarditis, while a serious side effect, typically resolves with medication and/or medical observation- there have been no deaths from vaccine associated myocarditis. (as opposed to COVID associated heart effects such as myocarditis and MIS-C.)**

**Helpful links:**

**An Epidemiologist explains the FDA data on COVID-19 pediatric vaccine**

<https://yourlocalepidemiologist.substack.com/p/vaccines-for-5-11-year-olds-fda-meeting>

**An Epidemiologist explains the ACIP (an external advisory board to the CDC) meeting approving the vaccine on 11/2/21**

<https://yourlocalepidemiologist.substack.com/p/vaccine-for-5-11-year-olds-acip-cliff>

**Why your child should get the COVID19 Vaccine**

<https://gretchenlasallem.com/covid-vaccines-for-kids-what-parents-are-asking/>

**Top 8 Parental Concerns about the COVID-19 Vaccine Answered**

[https://cdn.substack.com/image/fetch/f\\_auto,q\\_auto:good,fl\\_progressive:steep/https%3A%2F%2Fbucketeer-e05bbc84-baa3-437e-9518-adb32be77984.s3.amazonaws.com%2Fpublic%2Fimages%2F37549048-5065-40f5-83ec-0ffe77c32887\\_2400x3393.png](https://cdn.substack.com/image/fetch/f_auto,q_auto:good,fl_progressive:steep/https%3A%2F%2Fbucketeer-e05bbc84-baa3-437e-9518-adb32be77984.s3.amazonaws.com%2Fpublic%2Fimages%2F37549048-5065-40f5-83ec-0ffe77c32887_2400x3393.png)

**Dr Paul Offitt interview: Myocarditis, Kids' COVID Vaccines, Boosters, Natural Immunity, & More**

<https://www.youtube.com/watch?v=z3wJZ9zh5a8>

**COVID19 vaccine and concerns regarding fertility/pregnancy**

<https://mailchi.mp/girlology/vaccine-fertility?e=489dd950e4>

<https://www.scarymommy.com/covid-19-vaccines-kids-fact/>

**How Often Do Covid Vaccines Cause Heart Problems in Kids?**

<https://www.nytimes.com/2021/11/01/health/covid-kids-children.html?referringSource=articleShare>

**Mayo Clinic answers questions about the COVID-19 vaccine for kids**

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/covid-19-vaccines-for-kids/art-20513332#what-side-effects>

**The American Academy of Pediatrics answers FAQs about the COVID-19 vaccine for children**

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19->

[infections/covid-19-vaccine-for-children/about-the-covid-19-vaccine-frequently-asked-questions/](https://www.cdc.gov/media/releases/2021/s0914-covid-19-vaccine-frequently-asked-questions.html)

<https://healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Ask-the-Pediatrician-COVID-19-Round-Up.aspx>

### **The Science behind the COVID-19 vaccine**

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/The-Science-Behind-the-COVID-19-Vaccine-Parent-FAQs.aspx>

### **The President of the American Academy of Pediatrics explains why you want your children vaccinated against COVID-19**

<https://www.nytimes.com/2021/10/26/opinion/covid-vaccine-kids.html?referringSource=articleShare>

**How mRNA vaccines work:** <https://www.youtube.com/watch?v=YOlrNlvEiMw>

### **Where can I find a COVID19 Vaccine??**

- For weekly clinics available in Norwalk check [here](#)
- In CT go to: <https://portal.ct.gov/vaccine-portal>
- Search [vaccines.gov](https://www.vaccines.gov)
- text your ZIP code to 438829
- call 1-800-232-0233

Great series of articles on the development, testing and distribution of the COVID19 vaccine by Dr Gretchen LaSalle, "COVID19 Vaccine Coming Soon, here's what you need to know":

[Part 1](#)- how our immune system and vaccines work

[Part 2](#)- development and safety of the COVID19 vaccine

[Part 3](#)- the Pfizer mRNA vaccine

[Part 4](#)- adverse vaccine reactions, comparison to the Moderna vaccine, and more questions answered

Information and visuals on how the **Pfizer mRNA** vaccine works from the [NYTimes](#)  
Information and visuals on how the **Johnson & Johnson DNA** vaccine works from

the [NYTimes](#).

Information and visuals on how the [Oxford-AstraZeneca](#) vaccine works also from the [NYTimes](#)

Information and visuals on how [Other vaccine types](#) work from the [NYTimes](#).

[FAQs](#) about the Pfizer/Moderna mRNA vaccines from the [New England Journal of Medicine](#)

[Side Effects](#) of the Pfizer/Moderna mRNA vaccines [reviewed](#)- what to expect, why not to worry.

[COVID Vaccines and Your Teen](#)- why you should have your child vaccinated as their age becomes approved.

[Vaccines and Transmission](#)- how to calculate the safety odds of getting together with others post vaccine, and how to learn to live with COVID risk.

[What Can You Do With Unvaccinated Kids](#)- how to approach family activities when the adults are vaccinated, but the kids are not.

<https://www.propublica.org/article/how-and-when-can-the-coronavirus-vaccine-become-a-reality>

[Top Coronavirus Vaccines to Watch as of August 13, 2020- WaPo](#)

[Questions and Answers about COVID-19 Vaccines from Children's Hospital of Pennsylvania](#)- very informative site monitored by vaccine guru Dr Paul Offit, continuously updated

[Five Things to Know About an mRNA Vaccine](#). Vaccines work by training the body to recognise and respond to the proteins produced by disease-causing organisms, such as a virus or bacteria. Traditional vaccines are made up of small or inactivated doses of the whole disease-causing organism, or the proteins that it produces, which are introduced into the body to provoke the immune system into mounting a response.

mRNA vaccines, in contrast, trick the body into producing some of the viral proteins itself. They work by using mRNA, or messenger RNA, which is the

molecule that essentially puts DNA instructions into action. Inside a cell, mRNA is used as a template to build a protein. To produce an mRNA vaccine, scientists produce a synthetic version of the mRNA that a virus uses to build its infectious proteins. This mRNA is delivered into the human body, whose cells read it as instructions to build that viral protein, and therefore create some of the virus's molecules themselves. These proteins are solitary, so they do not assemble to form a virus. The immune system then detects these viral proteins and starts to produce a defensive response to them.

[Role of T-Cells in Immunity](#) Many patients infected with COVID-19 don't seem to develop antibodies, or the antibodies wane over several weeks to months. However, this doesn't mean we don't have lasting immunity- T-cells are a type of white blood cell that has a memory of sorts for past infections, and may help the body kick off antibody production when re-exposed to a prior infection. Vaccines that result in specific T-cell production as well as antibodies could offer long lasting protection.