

Pediatric Vaccines

Information on COVID-19 and flu vaccination for children six-months to 17-years old.



Why should my child get a COVID-19 vaccine or the flu shot?



Vaccination remains one of the most effective ways to reduce your child's chances of serious illness from COVID-19 or the flu.

- Many children who become infected with COVID-19 experience mild or no symptoms but even healthy children can experience severe symptoms and require hospitalization.
- Children under 5 years of age are at a higher risk of getting very sick from the flu.
- Flu shots are updated every year to combat new strains of influenza. They are available to everyone 6 months and older.

Vaccination is still encouraged even if your child has already been infected.

Note: Bivalent or updated COVID-19 booster doses are now available for children 5 to 17 years of age.



Are these vaccines safe for my child?

Safety is always the first priority when a vaccine or drug is authorized for use in children. Vaccines for children were authorized by Health Canada after meeting high standards of safety. Side effects are regularly monitored and serious reactions are very rare.

Millions of children have safely received their COVID-19 and flu vaccines around the world.

Can my child get vaccinated against COVID-19 and the flu at the same time?

Children older than six-months can get their COVID-19 vaccine at the same time as other recommended vaccines, including the flu shot.

If your child is sick, it's recommended to wait until they're free of symptoms before getting a vaccine. This will reduce the risk of spreading viruses, such as flu and COVID-19, to health care providers and others during their vaccination appointment.

Will my child experience side effects from those vaccines?

Not everyone will experience side effects from the vaccines, however here are some of the most common side effects:

- Pain at the injection site
- Muscle aches
- Sore arm
- Mild fever
- Headache
- Fatigue

Serious side effects are very rare. Most side effects last only a few days and generally go away on their own. You can help manage your child's pain at the injection site with cold compresses. If needed, pain or fever medication may help with side effects.

Check with a healthcare provider if you need advice about medication for your child or if you are concerned about possible side effects.



For more information, scan this QR code, or visit: canada.ca/vaccines