

ćecəwət leləm

“Helping House”



Tsleil-Waututh Nation



COVID-19 Pandemic Information



COVID-19 Vaccination Toolkit Children's Edition

29 November 2021

This toolkit will provide you with all the information you need to make an informed vaccination choice for your children age 5-11 years. You will also find information on where your children can get vaccinated and how you can book your children's appointment.

Should you have any questions about the vaccine and your choice, please call your doctor or nurse practitioner, the Virtual Doctor of the Day at 1-855-344-3800, 811, or Sibylle at the Helping House at 604-353-5314.

Watch for a video on our TW Nation Facebook page by céćawət leləm Helping House physician, Dr. Chaboyer, where he reviews the COVID19 vaccination for children and answer common questions.



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Your Immunization Decision - Community Immunity

Immunization against the COVID-19 virus appears to be the only way out of this pandemic and the restrictions imposed on us. We all had our chance to get vaccinated and now, finally, the vaccine is approved for children 5-11 years of age.

The decision to get the COVID-19 vaccine is an important one for everyone, but especially so for children. Many children with COVID-19 have mild symptoms or no symptoms at all. But while most children with COVID-19 infections have recovered, some have become severely ill and hospitalized, and some have died. In addition, like adults, some children and teens who get COVID-19 have developed post-COVID conditions such as long-haul COVID. This is in addition to the fact that due to past and ongoing disparities in health and socioeconomic factors linked to the history of colonialism, Indigenous People are at higher risk of severe illness and death from COVID-19. The vaccine can protect us and our most precious children from this disease.

Vaccination is a personal decision, but also a decision that affects your community and the people you live with. COVID-19 continues to be a grave threat to our health and wellbeing. Like with other vaccines, the COVID-19 vaccine protects you, but more importantly, also the people around you. The more people that are vaccinated, the harder it is for COVID-19 to spread.

We hope that you consider your children's immunization wisely and let them **join the Tsleil-Waututh Nation Community Immunity campaign.**

This toolkit will provide you with all the information you need to make an informed choice.

TWN Vaccination Clinic for Children Ages 5-11

Date: Wednesday December 15, 2021

Time: 3pm - 6pm

Location: Gym - TWN Community Centre,
3010 Sleil Waututh Rd, North Vancouver, BC V7H 2V5

Who: Children ages 5 - 11

Booking your Vaccine Appointment

Please call **Krista at 604-679-0782** to secure your children's appointment. It is helpful if you have your child's Medical Service Card (Care Card) available for the phone call, but don't worry if you can't find it.

How to Prepare Your Child for the Appointment

We recommend to talk with your child about comforting strategies on receiving the vaccination. Review the 'CARD' exercise (pages 11-13), outlining strategies to comfort, ask, relax, and distract. Have your child wear a short sleeve and loose fitting shirt to the clinic, and eat a snack before the appointment.

Permission and Consent

A parent or guardian must attend the clinic with the child to provide verbal consent for the vaccination. No written consent is required unless an adult other than the parent or guardian accompanies the child. Written consent should include the contact information of a parent or guardian. To provide written consent, please fill out the form on page 14.




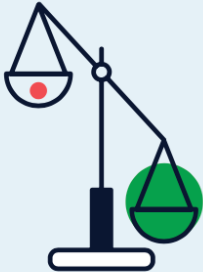


Great Reasons to Vaccinate Kids



COVID-19 vaccine for kids aged 5 to 11

Health Canada has given the green light to a pediatric (child's) formulation of the Comirnaty (Pfizer-BioNTech) COVID-19 vaccine.

6 great reasons to vaccinate kids:

ONE	TWO	THREE
<p>Protects them from serious COVID-19 illness, hospitalization and death</p> 	<p>Protects against long-term effects of COVID-19 such as MIS-C (multisystem inflammatory syndrome) and long COVID</p> 	<p>We can't predict which children will become severely ill or get long COVID (symptoms that last for months)</p> 
FOUR	FIVE	SIX
<p>Benefits FAR outweigh risks</p> 	<p>Allows children to get back to doing things they love and miss</p> 	<p>Vaccinations contribute to community immunity and a path back to normalcy</p> 

Register and book your child with the Get Vaccinated system
gov.bc.ca/getvaccinated.html

For more information, visit
fnha.ca/vaccine

Nov. 23, 2021

FAQs

Will Children Age 5 to 11 Get the Same Dose as Adults?

No. The vaccine for children has a smaller dose than the vaccine for those 12 and up. This is because healthy children have a stronger immune system than youth and adults. In clinical trials, lower doses provided children with very good protection against COVID-19. It's not clear yet how long protection will last.

The smaller dose may also mean a lower frequency of common reactions, such as redness and swelling at the injection site.

How many Doses Should Children Get?

Children will be offered two doses about 8 weeks apart. A booster dose for this age group is not yet recommended. This includes children who have weakened immune systems who appear to respond well to a two-dose series, and a 3rd dose is not recommended at this time.

Should Children who Weigh More get a Bigger Dose?

No. Vaccine doses are based on age, not a child's size or weight.

What are the Benefits of the Vaccine?

Vaccinating children helps:

- Protect family members, including siblings who are too young to get vaccinated, and family members who may be at increased risk of getting very sick if infected.
- Reduce the spread of the virus in the community. This helps protect people who are most at risk of getting really sick from COVID-19, including our Elders & people who have a weakened immune system, which means their body can't fight off diseases like COVID-19 as well as healthy people.
- Reduce the risk of new variants of concern emerging. We don't know if there will eventually be a variant of concern that causes more serious illness in children.
- Give children an added layer of protection in school or while participating in sports, playdates, and other group activities. Children deserve to get back to the things they love.

Is the Vaccine Safe?

Health Canada approved the Pfizer-BioNTech mRNA vaccine for children aged 5 to 11. This vaccine works and is safe for children.

There is a very strict process to test and approve vaccines in Canada. Health Canada only approves a vaccine if the data from clinical trials show the vaccine is safe and effective and that the benefits of the vaccine outweigh any risks.

The Pfizer-BioNTech mRNA vaccine was tested in children aged 5 to 11 through clinical trials that included more than 3000 children. The clinical trials compared the immune response, safety, and effectiveness of the vaccine to a placebo. In the clinical trials:

- No safety issues were detected.
- The vaccine provided strong protection against COVID-19 in the couple of months after vaccination.

The vaccine manufacturer will continue to collect safety information from those who participated in the clinical trials. [Canada's vaccine safety monitoring system](#) will also help detect any possible side effects that are too rare to appear in the clinical trials. When millions of people receive a vaccine, rare side effects may be detected. Ongoing vaccine safety monitoring is essential for the detection of and timely response to vaccine safety concerns.

It's important to remember that millions of doses of mRNA vaccines have been given worldwide to those as young as 12 and more than 3 million doses to 5-11 year old children in the US. The Pfizer-BioNTech (Comirnaty) COVID-19 mRNA vaccine has an excellent safety profile. There is no reason to believe that the safety profile would be any different for children 5 to 11 years of age.

What are the Side Effects?

Side effects are part of the body's natural response to a vaccine. Some people have no side effects, while others may have some type of side effect. Common vaccine side effects may include:

- Symptoms at the injection site, such as pain, redness, & swelling.
- More general symptoms, such as fatigue, headache, muscle pain, joint pain, chills, and fever.

No serious side effects were detected in the clinical trials for children in this age group.

Can mRNA Vaccines Cause Inflammation of the Heart?

In rare cases, people have experienced myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the tissue surrounding the heart) after getting a mRNA COVID-19 vaccine. These events have been reported in BC at a rate of about 1.5 per 100,000 doses of mRNA vaccines given. Cases of myocarditis/pericarditis following COVID-19 mRNA vaccination occur most commonly in adolescents and young adults, more often after the second dose, and more often in males than females. The available short-term follow-up data shows that the majority of affected people, even if hospitalized, experience relatively mild illness, respond well to conservative treatment, and recover quickly. **It's important to note that the risk of myocarditis is much greater following COVID-19 infection than following vaccination.**

At this time, it is not known if myocarditis and pericarditis will happen after the lower doses for children. Symptoms to look out for:

- Chest pain
- Shortness of breath
- Feeling of a rapid or abnormal heart rhythm

If your child experiences these symptoms seek medical attention right away. Inform the health care provider that your child received a COVID-19 vaccine recently.

Can I get the COVID-19 vaccine if I have allergies or had a reaction to a vaccine in the past?

Yes, most people with allergies or those who had an adverse event following immunization will be able to receive the COVID-19 vaccine.

It is still important to tell your immunization provider if you have had a serious reaction or anaphylaxis in the past. Your immunizer will screen your child for any contraindications.

Vaccination Information

First Nations Health Authority Article:

COVID-19 Vaccines Approved For Children 5-11 - What You Should Know

- <https://www.fnha.ca/about/news-and-events/news/covid-19-vaccines-approved-for-children-5-11-what-you-should-know>

Preparing for a Comfortable Vaccine Experience

What you can expect at your child's appointment

Expect to be at the clinic with your child for 30 to 60 minutes in total.

Arrive prepared

Get your child ready for their appointment:

- Talk to your child before you arrive about getting the vaccine
- Bring their ID (Care Card)
- They need to wear a short-sleeved shirt and you both need to wear a mask
- They don't need to fast. Drinking water is encouraged

Getting the shot

We want you and your child to feel comfortable:

- A nurse or health practitioner will greet you and your child. You can both ask questions
- During the shot, use distractions like puzzles, videos or talking
- The shot only takes a few seconds to administer. It will pinch or poke a bit
- After the shot, wait in an observation area for about 15 minutes



THE CARD SYSTEM FOR PARENTS/CAREGIVERS

All children feel anxious or afraid sometimes, but there are things parents can do to reduce their child's fear and anxiety. The CARD System (Comfort, Ask, Relax, Distract) provides groups of strategies that parents can play to help their children cope with stressful situations. Originally used to help reduce children's fear and pain from medical procedures, CARD can also be used in other stressful situations. Playing your CARDS will engage your child and give them a voice when they feel anxious or afraid.

COMFORT: Help your child accept negative thoughts and feelings. Let them know these are normal and will pass. Coach your child to be courageous and to be the 'boss' of their worry.

ASK: Listen and talk to each other. Ask your child how they are feeling and answer any questions they have honestly. Use words that your child can easily understand and follow their lead. If your child doesn't seem interested or is not ready to talk, that's okay. Tell them they can always come to you if they have questions.

RELAX: Children see and feel what their parents are doing and often do the same. Model relaxation for your child. Speak to your child in a calm and normal speaking voice.

DISTRACT: Try to keep normal routines and limit the amount of time your child focuses on whatever is making them anxious.



SUGGESTIONS FOR PLAYING YOUR CARDS

COMFORT



- Talk with your child about what they can do to cope with anxiety. They will feel like they have some control.
- Empower your child to overcome negative thoughts and feelings ("You are stronger than you feel!")
- Validate your child's concerns and feelings. Tell them it's OK to be upset.
- Avoid focusing on the worry. Limit exposure to media or news.
- Be mindful of the conversations you have with family members.
- Create daily routines that give your child predictability and control.
- Create a comfortable environment for your child.
- Tell your child what you are doing to help.



ASK QUESTIONS



- Answer your child's questions using age-appropriate language.
- Possible questions you can ask your child:
 - › What questions do you have?
 - › How are you feeling?
 - › How can I help you to be more comfortable?
 - › What are your friends saying?
 - › What fun thing can you do today?



RELAX



- Do things that your child enjoys to help them feel more secure and connected.
- Practice taking deep belly breaths with your child.
- Listen to a mindfulness or relaxation activity and practice together.
- Practice positive self-talk ("This may be hard, but I can get through it!").
- Practice being grateful (Think of 5 things you are grateful for while brushing your teeth).
- Physical activity is important to help us relax (playing catch, stretching, biking, walking).
- Be flexible and adjust expectations if needed.



DISTRACT



- Talk about things that are important to your child such as sports, dancing, or art.
- Read books.
- Colour, draw, do crafts, scrapbook.
- Watch movies.
- Play games.
- Work on puzzles.
- Play outside.
- Play with a favourite toy.
- Help with your child's homework or activity book.



Cut here.



HOW WILL YOU PLAY YOUR CARDS?

**HOW WILL
YOU COMFORT?**

C

C

**WHAT WILL
YOU ASK?**

A

A

**WHAT WILL YOU
DO TO RELAX?**

R

R

**HOW WILL
YOU DISTRACT?**

D

D

Out here.



Consent Form

If you can't take your child to their appointment, please give authority to consent to the person bringing this child with this written note:

Authority to consent to my child's Covid19 Vaccination at the TWN Vaccination Clinic 15 December 2021			
Name of parent/legal guardian	First Name:		Last Name:
Name of child	First Name:		Last Name:
Child's date of birth	Year:	Month:	Day:
Name of adult given authority to consent (the person bringing the child to the appointment)	First Name:		Last Name:
Signature of parent/legal guardian who is giving their authority to another adult			
Date:			
Parent/legal guardian's contact information	Telephone:		

COVID-19 vaccine superhero: Jesse's story

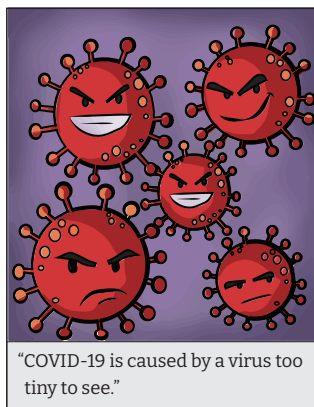
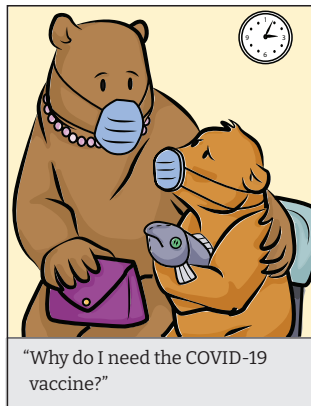
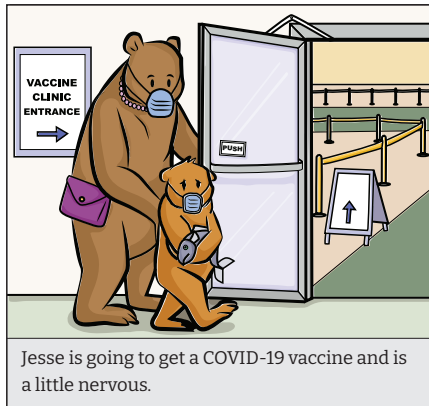


Illustration: Shoshannah Greene

For more info on COVID-19, visit www.bccdc.ca

Questions? Call Healthlink BC at **8-1-1**

COVID-19 vaccine superhero: Jesse's story



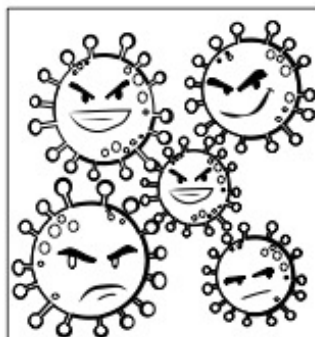
Jesse is going to get a COVID-19 vaccine and is a little nervous.



"Why do I need the COVID-19 vaccine?"



"Vaccines are like a very special kind of a superpower, Jesse!"



"COVID-19 is caused by a virus too tiny to see."



"The vaccine works like an invisible force field which protects you from this virus."



"The vaccine is so powerful, it even helps keep people around you safe."



Jesse brought a favourite toy and used belly breathing to feel calm. There was a tiny pinch on the arm and it was over. "That was easy!"



Jesse is now a COVID-19 vaccine superhero! They are helping to protect their community against the COVID-19 virus.

Illustration: Shoshannah Greene

For more info on COVID-19, visit www.bccdc.ca

Questions? Call Healthlink BC at 8-1-1

COVID-19 VACCINE HERO



BC Centre for Disease Control
Provincial Health Services Authority