



Sioux Lookout
First Nations
Health Authority

Radio script: What to know about vaccinating young children against COVID-19

Developed: July 2022

Hello/Boozhoo my cousin. This is _____.

On July 14, 2022, Health Canada has approved the Moderna Spikevax COVID-19 vaccine for kids from 6 months to 5 years old. So today we are going to talk about this vaccine.

The Moderna vaccine is the same one that many of our people have been getting for over a year. The difference is that smaller children get smaller amounts or 'doses' of the vaccine. The youngest kids get one quarter of what adults get. That's all they need.

This vaccine is very safe. We know this from the careful testing that was done with around 5000 children. No serious side effects related to the vaccine were reported in the study.

We will learn more about how well the vaccine works over time. What we know now is that kids' bodies respond well to the vaccines. The vaccines are helping them build a good immune response, just like adults. This means that the vaccine will help children fight off the virus and stop them from getting really sick.

During the COVID-19 Omicron wave, more kids are getting COVID-19. Many children are able to recover on their own. But there is a chance some kids may get sicker or develop long COVID and other complications. So, it is worth the time and effort to get children vaccinated.

If any kids have already had COVID-19 two or more months ago, they can still get vaccinated. In fact, it is encouraged! The vaccine can help give them extra protection, so they are less likely to get sick again.

Listen for updates from your health leaders about upcoming events where more vaccines will be available to little ones, their siblings, parents, and grandparents! As you prepare, let's talk about what to expect.



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The little ones need two doses of the vaccine. These are given about 8 weeks apart. Before the appointment, talk to your kids about the vaccine. Some children may be a little nervous around needles, and that's okay. It can help to bring a favourite toy with them to the appointment. You can practice some deep breathing, sing a song or prayer together, or plan something fun for afterwards. If you are breastfeeding, this can be a nice way to calm your child. You can breastfeed kids before or after they get their shot. You can even breastfeed while they get vaccinated. The nurse giving the vaccine will also be there to support.

After getting the vaccine, children may:

- Feel some pain, or see a little redness or swelling on their arm where they got the shot
- Feel tired or sleepy
- Feel some muscle soreness or headaches, or
- Feel a little nausea or queasy

These side effects are often mild and go away on their own within a week. If you have any questions, call the nursing station.

Health leaders and SLFNHA will be sharing more information about where to get vaccines soon. If you have any questions in the meantime, talk to your community health team. Or email acwinfo@slfnha.com. And remember to do your part for your families and community. Wash your hands, wear your mask indoors, and keep following the community's health guidance.

Thank you/Miigwetch and be well.