



COVID-19 Vaccines

What Teens Need to Know



Ages 12 & up
FULL DOSE

WHICH COVID-19 VACCINE CAN I GET?

- If you are 12 and older, you can get primary series of:
 - **Pfizer:** 2 doses, 3-8 weeks apart, or
 - **Novavax:** 2 doses, 3-8 weeks apart, or
 - **Moderna:** 2 doses, 4-8 weeks apart.

You should also get an **updated Pfizer or Moderna booster**, 2 months after your last primary series or booster dose.

- The vaccines are **free** even if you don't have insurance.
- You will not be asked about your immigration status.
- The vaccine can be given at the same time as other vaccines like flu or HPV.



WHY GET VACCINATED FOR COVID-19?

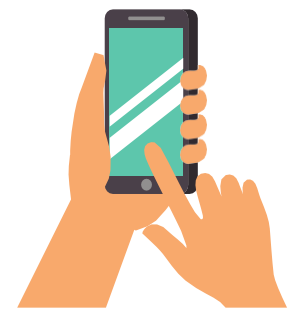
- Getting all recommended doses (including boosters) is the best way to **protect yourself**.
- Many young people who get COVID-19 have mild or no symptoms. But **some do get very sick** or have health problems that last a long time.
- Even healthy people with no medical conditions can be hospitalized or have long-term health problems. There is no way to know if this will happen to you. Getting the vaccine **lowers your risk** of getting these problems.



WHERE CAN I GET A VACCINE?

COVID vaccines are available at many doctors' offices, clinics, schools, & pharmacies. Find a site near you by visiting ph.lacounty.gov/howtogetvaccinated. If you are under 18, make sure to ask how parent/caregiver consent should be given. If you are in foster care, your caregiver or group home staff can provide consent as long as you agree.

Call the DPH Vaccine Call Center at **1-833-540-0473** or **2-1-1** if you need help finding a vaccine, transportation to a site, or to request in-home vaccination.





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WHAT ARE THE SIDE EFFECTS?

- Side effects are common and a sign that your immune system is **building protection**.
- They may include pain, swelling and redness on the arm where you got the vaccine, nausea, tiredness, fever, chills, headache or muscle ache. These side effects should go away in a few days. Not everyone will get them.



ARE COVID-19 VACCINES SAFE?

Yes!

- The COVID-19 vaccines were tested and found to be safe and effective for teens. They continue to be closely monitored. To date, **hundreds of millions of people** have safely received a COVID-19 vaccine.
- Severe allergic reaction (anaphylaxis) can happen after any vaccine, including a COVID-19 vaccine - but this is **rare**.
- A small number of people, especially males ages 12 to 39 have had inflammation of the heart (myocarditis and/ or pericarditis) after getting a COVID-19 vaccine. The condition is rare, and most cases are mild and respond well to treatment and rest. Your risk of myocarditis or other heart conditions is much higher if you get COVID-19. Getting the second dose later (at 8 weeks) also lowers the risk of myocarditis.
- You **can't get COVID-19** from a COVID-19 vaccine. None of the vaccines contain the virus that causes COVID-19.
- There is no evidence that a COVID-19 vaccine affects teenage development or your ability to have kids.

Talk to your doctor, parent/guardian, or other trusted adult about the COVID-19 vaccine. Ask them any questions you may have.