

TEAM TORONTO KIDS





Toronto Public Health COVID-19 Vaccine Confidence Presentation For Parents of Children Age 5-11

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DATE: Tuesday, December 7, 2021

SCHOOL: Brimwood Blvd Jr Public School

Updated: December 6, 2021



- Public health is responsible for sharing facts and evidence to help the public make informed decisions about their health.
- The research on COVID-19 continues to grow and evolve.
- Information shared with you today is based on the evidence and research that's currently available.

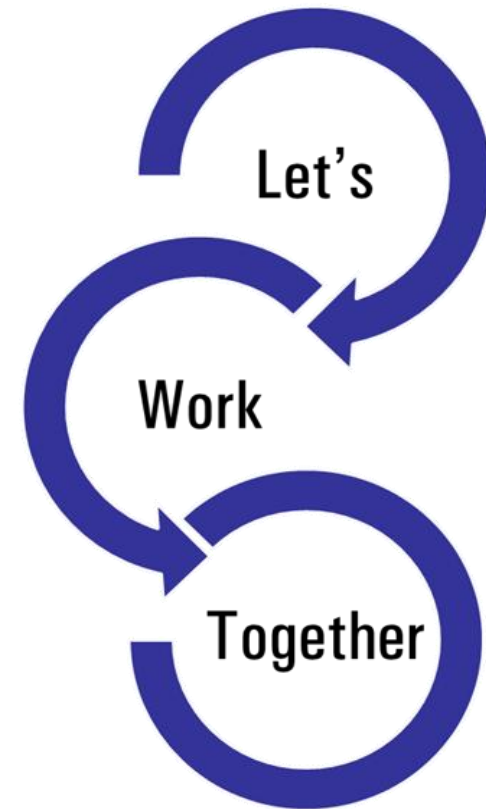
Land Acknowledgment



Land Acknowledgement

We acknowledge the land we are meeting on is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit.

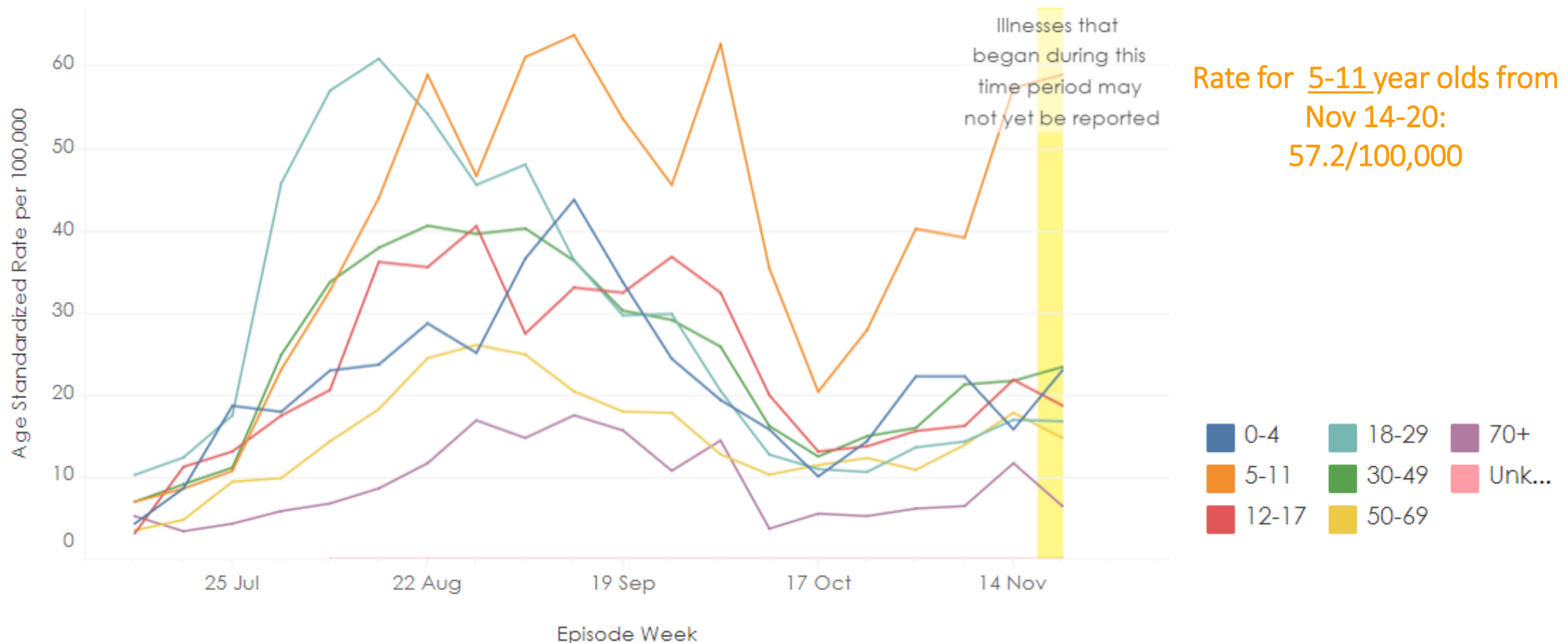
Getting Back to Normal



COVID Case Rates for 5 to 11 Year Olds Continue to be Highest



Case rate of COVID-19 per 100,000 population, by age group and reported week. Toronto, Wave 4 (July 20 – November 27, 2021)



Where Are Children Getting COVID-19?



- For ages 0 to 17 years:
 - Household ~40%
 - Close contact ~20%
 - Community ~15%
 - School ~5-10%
 - Travel ~5 to 8%

Where are people getting infected with COVID-19?

Data includes cases with episode dates up to 27-Nov-2021

This graph shows the most likely ways people got infected with COVID-19 within each age group (years).

Why is source of infection* important ?

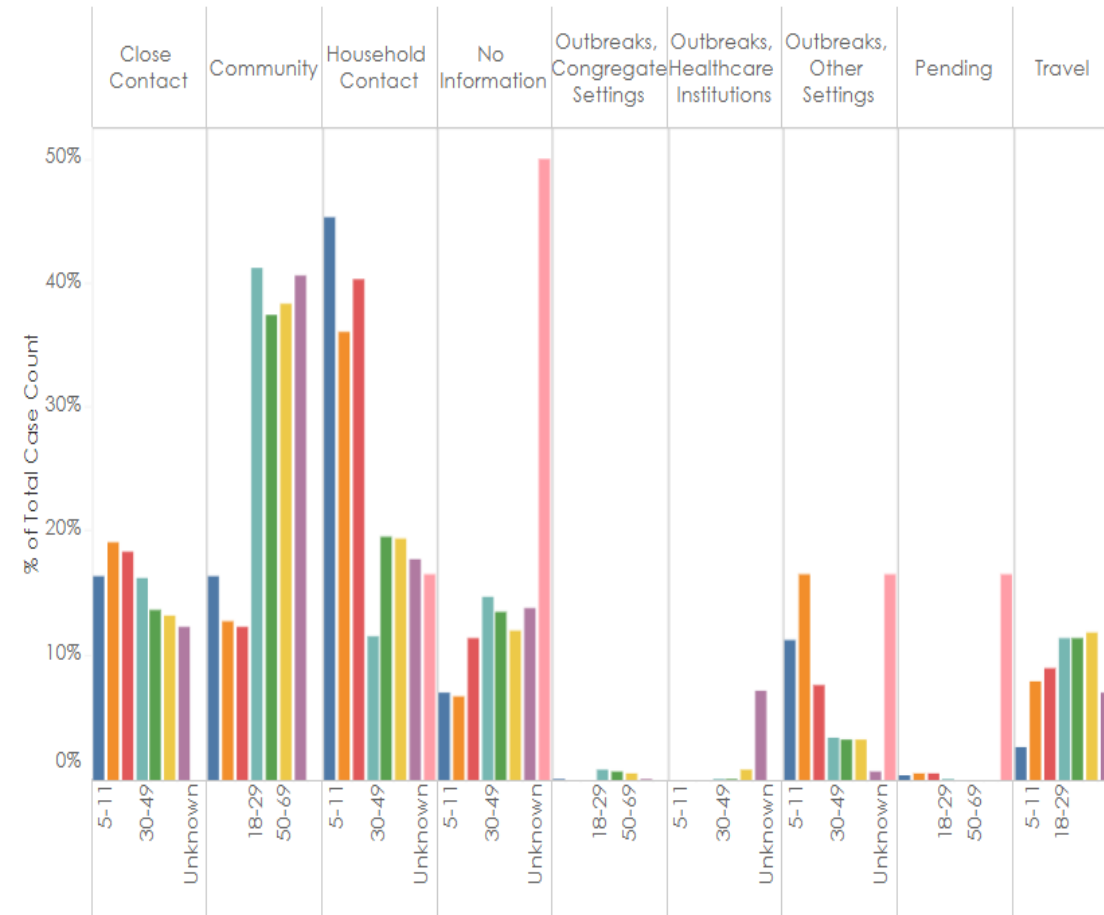
Select Source of Infection Graph:

- Cumulative Graph
- Trends: Proportion (%)
- Trends: Count
- Age Group

Waves ?

Wave 4

- 0-4
- 5-11
- 12-17
- 18-29
- 30-49
- 50-69
- 70+
- Unknown



Vaccines Work and Make a Difference

COVID-19 Cases in Ontario

(from December 14 2020 to November 14, 2021)

- **91.7%** of cases in Ontario were **unvaccinated**
- **3.8%** were **fully vaccinated (breakthrough infection)**
- Hospitalization – **90.9% unvaccinated, 2.7% fully vaccinated**
- Deaths - **90.2% unvaccinated, 3.3% fully vaccinated**

2 doses provide the best protection against COVID-19, the variants and serious illness, hospitalization or death

Vaccines and Children 5-11 Years Old



- Children who get COVID-19 usually experience **mild or no symptoms**.
- However, some may have severe symptoms, require hospitalization, and/or develop long COVID, even if they do not have other health conditions.
- **Multi-system Inflammatory Syndrome (MIS-C)** can rarely occur in children – serious inflammatory reaction that occurs 4 weeks after a COVID-19 infection.

Pfizer Pediatric Vaccine Clinical Trial

- Pfizer clinical trials:
 - 1st cohort: **2,268 children** – followed for more than 2 months
 - 2nd cohort: **2,379 children** – followed for more than 2 weeks
- Black, American Indian, multi-racial, Asian, Hispanic/Latino & White
- **90.7%** efficacy in children 5 to 11 years of age.
- Vaccine also offers protection to children with chronic health conditions.



Health Canada Approved



- Health Canada approved the use of the Pfizer COVID-19 pediatric vaccine for children ages 5 to 11 on **November 19, 2021**.
- Health Canada determined that the **benefits of this vaccine outweigh the risks** for children ages 5 to 11.
- Health Canada and the Public Health Agency of Canada will continue to **closely monitor the safety of this vaccine**, and will take action if any safety concerns are identified.

COVID-19 Pediatric Vaccinations

- Vaccine supply is enough to vaccinate all the **200,000** 5 to 11 year olds in Toronto.
- The Pfizer pediatric vaccine for children age 5 to 11 years old is similar to the current vaccine, but the dosage has been **reduced** (30mcg to 10mcg).
- The National Advisory Committee on Immunization (NACI) recommends a dosing interval of at least **8 weeks** between the first and second dose.



COVID-19 Vaccines & Other Vaccines

- NACI suggests children 5 to 11 years old wait at least **14 days** between getting another vaccine and getting the COVID-19 vaccine.
- This is a **precautionary measure** and a shortened interval between these vaccines may be given on an individual basis. Talk with a health care provider to discuss your child's situation.



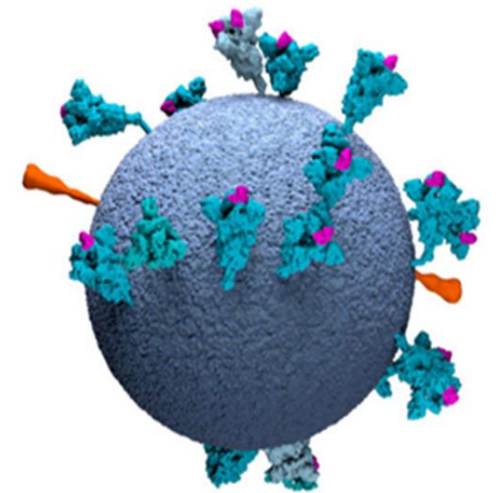
Which Vaccine Should My Child Receive?

- Vaccine dose is based on **age**, not weight
- Younger children have a strong immune system often needing lower doses for vaccines
- Get the vaccine based on the child's current age
- 4 year olds turning 5 by December 31, 2021 can be vaccinated
- **Do not delay vaccination!**



COVID-19 mRNA Vaccines

- mRNA vaccines teach the immune system to recognize the **spike proteins** on the surface of the coronavirus.
- Once you are vaccinated, your immune system will be able to **make antibodies** to fight a COVID-19 infection if you are exposed.
- mRNA breaks down and is removed from the body within days of being vaccinated.
- It takes **two weeks** after your second dose to be fully vaccinated.



WHAT IS IN THE COVID-19 VACCINES?



The vaccines contain instructions to have your body make antibodies



The vaccines contain lipids, salts, sugars and buffers



They do not contain eggs, gelatin, preservatives, latex or antibiotics



There is no COVID-19 virus in the vaccine that can give you COVID-19

What If I Have Allergies?

I HAVE ALLERGIES. CAN I GET A COVID-19 VACCINE?



Allergies towards the COVID-19 vaccines are rare



Speak with your health care provider if you have questions



The vaccines do not contain eggs, gelatin, preservatives, latex or antibiotics



The vaccines are safe if you have food, antibiotic or environmental allergies



If you have allergies to any vaccine ingredient do not get the vaccine

Side Effects - Pfizer Pediatric Vaccine

- Clinical trial data shows that most COVID-19 vaccine side effects in children will be mild, similar to those for adults, and usually resolve in 1-3 days
- Most common local reaction was **injection site pain** (71%)
- Most common systemic reactions included **fatigue** (39.4%), **headache** (28%), **muscle pain** (11.7%), **chills** (9.8%) and **fever** (6.5%)
- Few serious adverse events were reported, none of which were related to vaccine



Myocarditis and Pericarditis

- Has been rarely observed following mRNA vaccine. Will be closely monitored in children.
- Symptoms include: chest pain, shortness of breath or a pounding heartbeat usually within 7 days after vaccination. **Respond well to rest and treatment.** Symptoms improve quickly.
- To date, **no cases** in pediatric clinical trials with 5-11 year olds.
- Giving the second dose 8 weeks later may further reduce any risk.
- Myocarditis/pericarditis can occur after a COVID-19 infection and be more severe.

Myocarditis/pericarditis & COVID-19 Vaccines



Available information indicates that:



Myocarditis/pericarditis (inflammation of the heart) is a rare adverse effect that has been reported after mRNA vaccination.



It is more commonly reported in young adult males after the second dose.



Patients had mild illness, responded well to treatment & symptoms improved quickly.



Seek medical care immediately if you have chest pain, trouble breathing or irregular heart beat after vaccination.



Vaccination is still recommended as the benefits outweigh the risks.

As part of ongoing COVID-19 vaccine safety efforts, the Public Health Agency of Canada & Health Canada closely monitor any reported cases of myocarditis/pericarditis.

COVID-19 Vaccines, Fertility & Puberty



- Over 7 billion doses have been given worldwide with no fertility concerns identified.
- Ongoing research and vaccine safety monitoring has shown **no impact on fertility**, including no effect on sperm count or quality, long term menstrual irregularities, puberty or growth & development.
- World Health Organization recommends getting vaccinated even if menstruating.

Parents Reasons To Vaccinate Their Child

Top reasons parents will get the COVID-19 vaccine for their 5-11 year olds when the vaccine is available:



To protect youth from getting COVID-19 & becoming seriously ill.



To help keep their school community safe so they can attend in-person learning at school.



To keep enjoying sports & other activities they love more safely.



To help reduce COVID-19 spread, & protect friends, families & our community.

Source: Forum Research Poll

Positive COVID-19 Case in School: if fully vaccinated do not need to self-isolate



FULLY VACCINATED & ARE A CLOSE CONTACT WITH SOMEONE WITH COVID-19:



Do not need to self-isolate unless directed by public health.



Monitor for symptoms* of COVID-19 – self-isolate & get tested if you have any symptoms.



Get tested even if you have no symptoms – right away & on or after day 7 of the exposure.



Wear a mask & keep a physical distance when outside of the home.



Avoid crowded settings. Limit contact with seniors and people with health conditions.

*Fever, chills, cough, trouble breathing, decrease or loss of taste or smell, nausea, vomiting or diarrhea, tired, sore muscles or joints, sore throat, runny or stuffy nose, abdominal pain, headache, pink eye, decrease or lack of appetite.

Previous COVID-19 Infection & Vaccination

I ALREADY HAD COVID-19, DO I NEED THE VACCINE?



Yes, we are still learning how long immunity from natural infection lasts



Natural immunity may not protect against COVID-19 variants



It is possible to get the COVID-19 infection again

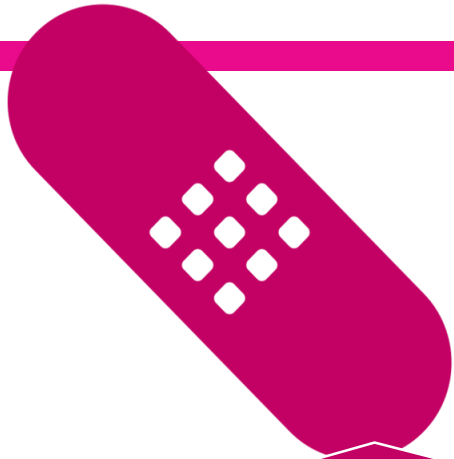


Wait until self-isolation is completed and your symptoms have gone away to get the vaccine



It is best to get the vaccine to stay protected

Child Vaccination Sites



Mass Immunization
Clinics

[Book online](#)
or
Call 1-833-943-3900
(TTY 1-866-797-0007)



Hospitals / Ontario
Health Team
Immunization Clinics

Find information about
hospital clinics [online](#)



Pharmacies and Primary
Care Providers

Find nearest pharmacy
[online](#) or make an
appointment with your
primary healthcare
provider



Mobile Teams & Pop-up
Clinics including Schools

Clinics will be promoted
directly to the local
community

Parental/guardian consent will be required at public health clinics

Residents Without OHIP Cards

HOW TO GET VACCINATED WITHOUT AN OHIP CARD



Call our partner agencies to book an appointment



You can use other forms of ID to book your appointment



You can also book at our hospital partners' clinics at vaccineto.ca



Pharmacies accept other gov't issued IDs

toronto.ca/COVID19

 **TORONTO** Public Health

FCJ Refugee Centre

416-469-9754 ext. 230 or 232

WhatsApp: 437-217-3786

Access Alliance Multicultural Health & Community Service

416-760-8677

Toronto Public Health Hotline

Telephone: 416-338-7600; TTY: 416-392-0658

Canadian Centre for Victims of Torture

Telephone: 416-306-4319

School Based Clinics



Preparing for your COVID-19 Vaccine Appointment



Eat & drink water before coming to the clinic & bring water



Wear a loose-fitting top or t-shirt



Re-book your appointment if you have any COVID-19 symptoms



Tell clinic staff if you've fainted before or are feeling anxious



At the clinic, let staff know if you need help or feel unwell

Don't Spread Misinformation

**HELP SHARE INFORMATION FROM CREDIBLE SOURCES
& prevent the spread of misinformation**



How to Talk to Kids About Getting Vaccinated

How to Talk to Kids About Getting Vaccinated

See [PDF LINK](#)

COVID-19: Children and Vaccines

See TPH [Website](#)

Tips for easing kids' fears about getting the COVID-19 vaccine

See [PDF LINK](#)



How to Talk to Kids about Getting Vaccinated

Children ages 5-11 will soon be eligible to receive a COVID-19 vaccine. The Delta variant spreads easier, faster and makes people sicker. Vaccinating children will add an extra layer of protection against serious illness, and make returning to enjoying regular activities safer as we continue living with this virus. The following tips will help you talk to kids about getting vaccinated:

1. Keep Up to Date from Credible Information Sources:

- It is important to be informed about the COVID-19 vaccines before talking to your children. We recommend using credible information sources and speaking with your family doctor, or a healthcare provider if you have questions. A great place to learn about COVID-19 vaccines is the City of Toronto's website: <https://www.toronto.ca/home/covid-19/covid-19-vaccines/>

2. Listen:

- Ask your children to share what they know or have heard about COVID-19 vaccines, and actively listen to their responses.
- Like adults, children may have heard a lot of misinformation about vaccines during the pandemic, and may have fears or worries. Take these concerns seriously.
- A discussion with a trusted adult, such as a family doctor or other health professional, may help ease some of these concerns.
- If your child seems anxious, pretend play or drawing together may help younger children explore their fears and feelings. Older children may try writing down their feelings or use deep, slow breaths to help relax and keep calm.

3. Be Honest:

- It's important to be honest with children about vaccinations. Share information in an age-appropriate way.
- Children take their emotional cues from adults. If you are worried or have fears, your child will pick up on that. It is important not to overshare fears or worry.

4. Be Ready to Answer Their Questions:

It is normal for children to have questions about their health and vaccines. Below you will find a list of questions, with child-friendly responses:

Vaccine Information Resources

- **Provincial Vaccine Confidence Centre**
 - 1-833-943-3900 Open 7 days/week from 8am-8pm
 - Staffed with Health Specialists and available in over 300 languages
- **VaxFacts Clinic: One-to-One Phone Consultation with a Doctor**
 - Schedule a phone conversation with a doctor to help make an informed decision about the COVID-19 vaccine.
 - Book an appointment online at <https://www.shn.ca/VaxFacts/> or call 416-438-2911 ext. 5738
- **SickKids: COVID-19 Vaccine Consult Service**
 - By appointment phone service only (youth 12+ or a parent/caregiver/legal guardian of a child or youth, an Ontario resident)
 - Registered Nurses will answer questions and discuss the COVID-19 vaccines for children and youth
 - Available in multiple languages, using over-the-phone language interpretation
 - To book: <https://www.sickkids.ca/en/care-services/support-services/covid-19-vaccine-consult/#book> or call 437-881-3505

Questions? Need More Information?

Call Toronto Public Health

416-338-7600

8:30 am to 4:30 pm / 7 days a week

Text the word VACCINE to 1-833-750-0888 to be connected with resources including appointment bookings & information on vaccines

Follow TPH on Instagram/Twitter (@TOpublichealth)

Visit toronto.ca/covid19

You Are Not Alone

You are not alone. Support is available.

Call 211 if you are having a hard time. Through 211 anyone be connected to free mental health supports, including including kids, seniors, racialized, Indigenous, Black and LGBTQ2S communities.

Language interpretation is available if you don't speak English.



These are stressful times.
Reach out for help to find
mental health support.
**Call 211, 24 hours a day,
7 days a week.**

Public Health Measures Continue

Vaccines are one of many tools we have to fight the COVID-19 pandemic. Public health measures continue until enough people receive their 2nd dose.



- Wear a Mask or Face Covering Where Required
- Stay Home When Sick and Get Tested if You Have COVID-like Symptoms
- Maintain Physical Distancing
- Sanitize and Wash Your Hands Regularly

Questions

