

**Dr. Eileen de Villa**  
Medical Officer of Health

**Public Health**  
277 Victoria Street  
5<sup>th</sup> Floor  
Toronto, Ontario M5B 1W2

Tel: 416-338-7600  
Fax: 416-392-0658  
PublicHealth@toronto.ca

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Dear Parents/Guardians

## **Re: COVID-19 Vaccine and Mental Health and Wellness**

COVID-19 Vaccination continues to be an important way to protect ourselves, our family and our community from COVID-19, including the variants. We encourage you to get vaccinated and consider vaccination for all those in your family who are eligible.

### **COVID-19 Vaccine for Children 12 years and older**

- On May 5, 2021 Health Canada approved the Pfizer-BioNTech COVID-19 vaccine for children ages 12 to 15. Clinical studies showed that this vaccine was safe and effective for this age group. The Pfizer vaccine is now approved for all individuals 12 years of age and older.
- Most children with COVID-19 have mild symptoms or none at all. However, some children with COVID-19 can get very sick. Children can also spread COVID-19 to other people. Vaccinating children protects them from getting sick and reduces virus spread within their household and the community.
- While fewer children compared to adults have gotten sick from COVID-19, they have been impacted in many other ways. All children in Ontario have had to, attend school remotely, miss out on extra-curricular activities, and spend extended amounts of time away from their friends and peers. This has a big impact on children's mental health. For more information and resources, please visit our website: [COVID-19 Mental Health Resources](#).
- Vaccinating all who are eligible, including children, will help to reduce the number of cases of COVID-19 in our community and allow kids to get to participating in activities they enjoy.

### **Who is eligible for a COVID-19 Vaccine?**

- Anyone who is 18 years of age or older is eligible for the vaccine now. To find out more information on how to get vaccinated, eligibility and how to book an appointment, please go to our [COVID-19 How to get vaccinated](#) webpage.
- The province has announced that children/youth 12-17 years of age will be eligible for vaccination before the end of May.
- Pop-up clinics for children/youth 12 and 17 years of age and their families in targeted hot spot communities in Toronto are beginning this week.
- There will be dedicated youth and family clinics throughout the weeks of June 14 and 21 for first dose appointments at City of Toronto clinics.
- In order to be eligible children will have to have had their 12<sup>th</sup> birthday prior to or on the day of vaccination.

### Where can I book my appointment?

- All adults can book their appointments for City-run clinics through the [provincial booking system](#) or by calling the Provincial booking system at 1-833-943-3900 (TTY 1-866-797-0007). There are no walk-in or standby appointments available at City-run clinics.
- [Hospital and community healthcare partners](#) also operate vaccine clinics, including pop-up clinics that target specific areas of the city. These clinics will be promoted locally.
- Selected [pharmacies](#) are also offering the COVID-19 vaccine.
- Pop-up clinics in hot spot communities will be communicated at a local level through email, social media and flyers.

### Information on the COVID-19 Vaccine

- Toronto Public Health will be hosting town halls about COVID-19 vaccines for parents/guardians of 12-17 year old school students. The dates for the session are as follows:
  - ❖ Tuesday May 25, 2021 10:30 am to 11:30 am.
  - ❖ Wednesday May 26, 2021 6:30 pm to 7:30 pm
  - ❖ Saturday May 29, 2021 1:00 pm to 2:00 pm
 Please see our [website](#) and the attached flyer for more information on how to join.
- For more information on [children and vaccines](#), please see our fact sheet on the [Pfizer-BioNTech COVID-19 Vaccine – Youth age 12 to 17](#). Please see the flyer for more information on how to join.
- Please visit Toronto Public Health's [COVID-19 Vaccine Resources](#) website for more information on the vaccine, available in multiple languages. Additional vaccine information, can also be found here: [COVID-19 Vaccines](#).

If you or your child has [Covid-19 symptoms](#), please stay-home, self-isolate and go for [testing](#).

Please continue to visit our website at: [www.toronto.ca/COVID19](http://www.toronto.ca/COVID19) to stay up-to-date. Information specific to school communities is available at: [COVID-19 school information for parents & caregivers](#). If you have general questions about COVID-19, please call our Hotline at 416-338-7600, Monday-Sunday 8:30 AM – 8:00 PM. Interpretation services are available.

Sincerely,



Nicole Welch  
 Director  
 COVID-19 School Response Team  
 Chief Nursing Officer