



COVID-19 Vaccines

What Teens Need to Know



CAN I GET A COVID-19 VACCINE?

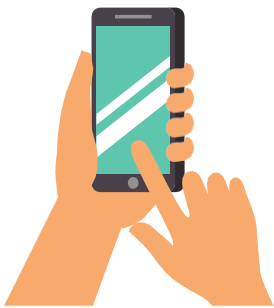
If you are age 12 or older you can get the Pfizer vaccine.

- Vaccines are **free** for everyone.
- You don't need to have insurance.
- You will not be asked about your immigration status.
- If you are under 18, you will need parent or legal guardian consent to get the vaccine.



WHY GET VACCINATED FOR COVID-19

- COVID-19 vaccines are **safe and effective**.
- Most young people who get COVID-19 have mild or no symptoms, but some can get very sick or have lasting health problems.
- If you get COVID-19, you can spread the virus to others even if you don't feel sick. Help protect your friends and family by getting vaccinated.



WHERE CAN I GET A VACCINE?

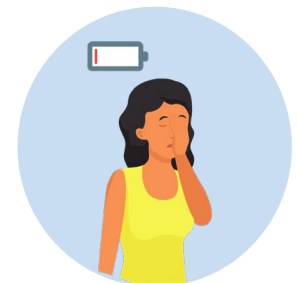
Ask your doctor, a local pharmacy, or visit o771 to find a vaccination site near you. Look for pop-up vaccine clinics at your school or in your neighborhood. **No appointment needed** at many locations.

Call the CDPH Vaccine Call Center at **833-422-4255** if you need help finding a vaccine, need transportation to a site, or to request in-home vaccination if you are homebound. Open Monday-Friday from 8am to 8pm and Saturday-Sunday from 8am-5pm

Information is available in multiple languages 24/7 by calling 2-1-1.

WHAT ARE THE SIDE EFFECTS?

- Side effects are common and a sign that your immune system is **building protection**.
- They may include sore or red arm, feeling tired, fever, chills, headache or muscle ache. Not everyone will get them.
- They may make it hard to do some of your daily activities but should go away within a few days.





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ARE COVID VACCINES SAFE?

- You can't get COVID-19 from the vaccine. None of the vaccines have the virus that causes COVID-19.
- The vaccines were tested on tens of thousands of people, including people of all ages, people of color, and people with medical conditions and found to be safe.
- Every step that is required to make sure a vaccine is **safe and effective** was followed.
- There is no evidence that the COVID-19 vaccine affects adolescent development or your ability to have children. Getting it will lower your chance of getting sick, spreading it to others, being hospitalized, or dying from COVID-19.



BEFORE YOU GET VACCINATED

- Talk to your parent about the COVID-19 vaccine. Ask them any questions you may have.
- Be sure the vaccine clinic you are going to is giving the Pfizer vaccine.
- Take a document that shows your date of birth in case you are asked to show proof of age.
- Don't forget about **parent consent**. Your parent or legal guardian will need to fill out a consent form.
- Get caught up on other vaccines. The COVID-19 vaccine can be given at the same time, before, or after other vaccines, such as HPV.

AFTER YOU ARE FULLY VACCINATED

- You are **fully vaccinated** 2 weeks after you get the 2nd Pfizer vaccine. It takes time for your body to build immunity.
- Once you are fully vaccinated you:
 - Can start doing activities that you haven't been able to do - like hanging out with friends, playing sports (without getting tested), or visiting family.
 - Don't need to quarantine if a friend, family member, teacher or teammate gets COVID-19.

