

# HOW TO TALK TO YOUR KIDS ABOUT BEING A VAXCHAMP



Do you have the best information?

## Why should I get the vaccine?

A vaccine's job is to introduce your body to a virus before it meets it in real life. While most children with COVID-19 have mild or no symptoms, some do become very sick and require hospitalization. Vaccines are a safe and effective way of protecting yourself, your loved ones and the community.



## Will I get a sore arm from the vaccine?

The most common side effects are soreness, redness, swelling and itchiness where you got the vaccine. These reactions are mild and usually last one to two days.

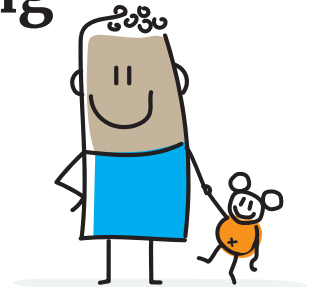


## What can I expect at the clinic?

Expect to spend thirty to sixty minutes at the clinic. Some clinics, like Surrey North, the Abbotsford Ag-Rec Centre and Chilliwack Mall are indoors and have kid-friendly spaces, including a private area if required.

## Should I bring anything?

Bring your care card and something to pass the time, like a toy or a snack, if you need to wait.



## What if I am afraid of needles?

Be prepared with comfort items and make sure to tell your vaccine provider. Take deep breaths and find a distraction. It will be over before you know it.

