

Questions and Answers

About COVID-19

Vaccines for Children



Do children under 12 need one or two vaccines?

Children under 5 cannot receive a vaccine. Children age 5-11 and teenagers need two vaccines.

Why do children age 5-11 get smaller doses?

Children age 5-11 get a smaller dose than teenagers and adults because their immune systems differ from adults. We know that the lower dose provides them with very good protection against COVID-19.

How long should children age 5-11 wait between their first and second dose?

Children should wait at least eight weeks between their first and second dose.

Why do children need the vaccine?

Most children get mild Covid-19 symptoms, but some can still get very sick. The vaccine helps them stay healthy.

Can the COVID-19 vaccine affect puberty or fertility in children?

No. There is no evidence and no scientific reason to believe that the COVID-19 vaccine will affect puberty or fertility.

Can my children get the flu vaccine and the covid-19 vaccine at the same time?

No. Children under 12 should not take any other vaccine 14 days before or after the COVID-19 vaccine.

My child will be eligible for the COVID vaccine this fall when he turns 5. How long should we wait between the COVID vaccine and his scheduled school-age vaccines?

A child age 5-11 should wait 14 days before or after the Covid-19 vaccine to receive routine vaccinations unless otherwise advised by a healthcare provider.

Can my child or I get COVID-19 if we have had it before?

Yes, you or your child can get COVID-19 if you had it before, especially with Omicron. Getting the vaccine gives you more protection, even if you already had COVID. The vaccine can help prevent serious illness and death if you get infected again.

My child had COVID-19. Can they still get the COVID-19 vaccine?

Yes. Your child can get the vaccine two months after having COVID-19. The vaccine will help protect them from future infection.

Most restrictions are now lifted. Does that mean that COVID-19 doesn't exist, or is it not dangerous anymore?

No, COVID-19 still exists. It is still dangerous for older people and people with chronic conditions, particularly if they are not vaccinated. It is also still important to follow health guidelines like wearing a mask indoors, washing your hands often, covering your mouth when you cough, and getting vaccinated.

Proof of vaccination is no longer required to participate in non-essential events. Why then should my children or adults get the vaccine?

Getting vaccinated protects you from serious illness and reduces your risk of passing it on to others. Getting vaccinated helps protect your children, your friends, and your community. Children under the age of 5 cannot get vaccinated, so those around them need to get vaccinated. Some activities and jobs will continue to require proof of vaccination (such as health care workers, teachers, visitors in hospitals etc.). In addition, if you want to travel, you need to be fully vaccinated to go to many places in Canada and the world.

Will there be a fourth dose of the vaccine? If COVID-19 stays in the community forever or for a longer time, do my children, or I need a COVID vaccine every year?

It is too early to know. Science will tell us if a fourth booster or a yearly booster will be offered. Like the influenza (flu) vaccine, a booster every year may be recommended in the future to help protect against infection. However, it is too early to know that now.

Does the vaccine enter into the DNA of the human body? I have heard many stories that the vaccine changes genes in the human body.

No, the mRNA vaccine does not affect your DNA. When the vaccine enters your body, it teaches the cells how to make a protein that will trigger an immune response inside your body. It does not become part of the cell or live in your cells. It does not even enter the nucleus of the cell.

Why do some people recover but still test positive?

A person who has a confirmed case of COVID-19 can test positive with a PCR test for up to 90 days after becoming infected. This is because the PCR can detect a smaller amount of the virus material. This does not mean you are still infectious though.

Where can my children get the COVID-19 vaccine?

At a pharmacy, a drop-in vaccine clinic, or the IWK.

How do I book an appointment for my children?

Online:

- Go to <https://novascotia.flow.canimmunize.ca/en/9874123-19-7418965>
- You need your child's NS health card (i.e. MSI number)
- You need your e-mail or phone number
- You have to call if your child doesn't have a health card

Phone:

- Call 1-833-797-7772. You can also ask for an interpreter.