

Dear Taddle Creek patients,

On Nov 19th, Health Canada and the National Advisory Committee on Immunizations completed their careful review and recommended the Pfizer COVID-19 vaccine for children aged 5 to 11.

As healthcare providers and parents, we will be vaccinating our own children because the research shows that the vaccine is safe and effective.

Why should you vaccinate your children?

- The vaccine reduces risk of getting Covid-19 by 90%
- Avoiding illness means not missing school or activities
- Avoiding illness means less chance of passing infection on to others

Quick facts:

- The dose for children aged 5-11 is one-third the dose for teens and adults
- In Ontario, the dose will be given about 8 weeks apart. This helps to boost the immune response and reduces the risk of side effects
- The most common side-effects are similar to those of other childhood vaccines, such as mild pain at the injection site, headache, and fatigue. These get better in 1 to 2 days and can be managed by Tylenol

We know you want the best for your children and that you likely have a lot of questions. Most children who do get Covid-19 recover easily. However, some will be unlucky enough to end up in hospital or have long-lasting illness. We want to help protect your children from this possibility.

How to book an appointment:

1. Clinics will be offered by the Midwest Toronto Ontario Health Team and will be open to patients of Taddle Creek. Some clinics will be held at TC FHT. Please use the link below to book (and check back regularly).
<https://www.twfht.ca/c19511tw.php>
2. The provincial online booking system below links to mass vaccination clinics and participating pharmacies.
<https://covid-19.ontario.ca/book-vaccine/>
3. Call 1-833-943-3900

Please let us know if you need assistance with booking an appointment.

The recommendation for children is that the Covid-19 vaccine be given 14 days before and 14 days after other vaccines. If your child has not yet received their flu shot, we recommend deferring for now and prioritizing Covid-19 vaccination.

We encourage you to bring any distractions that you see fit for your children including small toys, colouring, quiet devices (iPads, phones).

If you have any questions, please contact us to make an appointment. We would be very happy to speak with you.

Here are some trusted resources where you can get more information:

- [“Max the Vax”](#) is an excellent website produced by the Canadian Medical Association that includes answers to common questions and links to videos, articles and more

- [The University of Waterloo](#) School of Pharmacy has several relevant resources put together by a group of patients, scientists, doctors, and pharmacists, who have no conflicts of interest. These include videos and this [two-page FAQ](#) on the COVID-19 vaccines for children
- These are two great resources for managing pain and anxiety: [the CARD system](#) and this [guide for families](#)
- [About Kids Health](#) and [Kids Health First](#) are reliable sources of information on children's health and will have information on the Covid-19 vaccine in children
- The [vaccine consult service](#) run by the Hospital for Sick Children offers free telephone consultations to parents and children who have questions

Wishing you all the best during this holiday season,

Taddle Creek Family Health Team