

Dear Parent/Caregiver,

As you may know, the Moderna COVID-19 vaccine, also called Spikevax, was approved by Health Canada for children 6 months to 5 years old. This is the only COVID-19 vaccine available for children 6 months to 4 years old in Canada (the Pfizer and Moderna vaccines are both available for children aged 5 to 11).

We, your healthcare team, strongly recommend that your child get a COVID-19 vaccine. We'd like to share some facts with you about the Moderna COVID-19 vaccine in young children based on what researchers have found when studying the vaccine:

- **The vaccine provides good protection against getting seriously sick from COVID-19.**
- **Only mild side effects were seen.** The most common side effects were those that often happen with other vaccines: irritability/crying, pain where the vaccine was injected, tiredness, sleepiness, and loss of appetite.
- **The dose for small children is one-quarter of the adult dose.** This dose was safe and provided good protection against serious illness from COVID-19.
- **The vaccine for children is two injections given at least four weeks apart,** and ideally at least eight weeks apart. Based on what was seen in young adults, having a longer time between doses can improve the immune system's response and reduce the risk of side effects.
- **The vaccine was created following all the required safety steps** and was approved by Health Canada.

We are learning more every day about the risks of COVID-19 for children. Although many children who get COVID-19 have no or mild symptoms, some children - even those who are otherwise healthy - can end up in the hospital. Children who get COVID-19 can sometimes stay sick for many weeks or months - this is called Long COVID. We care about your child and I don't want them to get seriously sick from COVID-19.

Vaccines work and they are a safe and important way to keep children healthy.

If you have any questions or concerns about the COVID-19 vaccine or protecting your child against COVID-19, we are here to help and would be happy to discuss this with you. Vaccines can be booked online through Huron Perth Public Health or contact your nearest pharmacy.

You can also refer to the following resources for support:

- ["Is the COVID-19 Vaccine Safe for?" fact sheet](#) developed by Ontario pediatricians provides more information on vaccines for children.

- [Kids Health First website](#) developed by experts provides information on COVID-19 vaccines for parents/guardians, youth and children.
- [Phone Consult Service](#) run by SickKids where you can ask a registered nurse your questions about COVID-19 vaccines in a safe, judgement-free space (available in multiple languages).
- [Max The Vax resources](#) developed by Canadian doctors, scientists, and health care providers provides trusted content on COVID-19 and vaccines.

Sincerely,

*Your healthcare providers at STAR Family Health Team*