

COVID-19 Vaccines: What teens should know

TRANSCRIPT

Looking forward to going back to school in-person? Not having sports or other activities paused because of quarantine? Being able to hang out with family and friends? The COVID-19 vaccines are our way back to all of these things.

It's normal for young people or their parents to have questions before getting vaccinated. If you have questions, ask a doctor. Here are some fast facts:

- The COVID-19 vaccines are safe.
- Just like for adults, they were studied in teens, so we know they work and are safe.
- The COVID-19 vaccine is free and you do not have to show an ID.
- COVID-19 vaccines do not cause infertility.

No one likes shots, but there are things you can do to help relax!

- Listen to your favorite music with headphones.
- Take slow, deep breaths.
- Make eye contact with a supportive person.
- Focus on something in the room, like trying to read the fine print of a poster.
- Distract yourself, try to wiggle just your big toe.

You may not feel well for a day or so after getting vaccinated, but it's usually mild. And, it's a lot better than being out of school or other activities for days or weeks because you're sick with COVID-19 or need to quarantine if you get exposed to someone with COVID-19.

Remember, parent or guardian permission is needed for vaccination if you're under 18. If your parent or guardian is not able to go with you, call the clinic and ask about their consent process.

There are many places to find a COVID-19 vaccine. Not all COVID-19 vaccines are available for people younger than 18, so check to make sure the place you want to go has a vaccine you can get. You can search for locations near you and sort by types of vaccines at www.vaccines.gov.

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