

Care After Your Child's Moderna (Spikevax™) COVID-19 Vaccination

COVID-19 Vaccine

The COVID-19 vaccination will help protect your child from getting COVID-19.

- To get the full protection from the vaccine, your child will need a series of 2 separate injections (shots) in the arm or leg.
- The second vaccine appointment will be 4 weeks (28 days) after the first dose.

A third dose may be given 1 month after the second dose if your child has a weakened immune system (immunocompromised).

Vaccine Side Effects

Side effects mean that your child's body is building protection against the virus. They should go away in a few days.

Common side effects are:

- injection site reactions:
 - pain, swelling and redness around the shot site
 - swollen lymph nodes in the arm or groin
- fatigue (tiredness)
- headache
- muscle pain, joint pain
- fever, chills
- nausea, vomiting
- irritability (crying)
- loss of appetite.

Manage Side Effects

- Talk with your child's health care provider about taking an over-the-counter medicine, such as ibuprofen (Advil® or Motrin®) or acetaminophen (Tylenol®) for discomfort.
- To reduce pain or discomfort at the shot site, have your child:
 - apply a clean, cool, wet washcloth over the area
 - use or exercise the arm or leg.
- To reduce discomfort from a fever, have your child:
 - drink plenty of liquids
 - dress lightly.

When to Contact Your Child's Health Care Provider

Contact your child's health care provider if:

- you have concerns about your child's symptoms
- the redness or tenderness at the shot site gets worse after 24 hours
- side effects don't go away after a few days.

(over)

Rare Serious Side Effects

Severe allergic reaction

There is a slight chance the vaccine could cause a severe allergic reaction within a few minutes to 1 hour after getting a dose of the vaccine.

You will be asked to stay at the place where your child received the vaccine for monitoring after vaccination.

Signs of a severe allergic reaction can include:

- difficulty breathing
- rash, itching, hives or swelling of the face and throat
- a fast heartbeat
- a bad rash all over the body
- dizziness and weakness.

Myocarditis and pericarditis

Myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining outside the heart) have occurred in some people who have received the vaccine.

In most cases, symptoms began within a few days after getting the second dose of vaccine. The chance of having this occur is very low.

When to Call 911

Call 911 or go to an Emergency Department right away if your child has any of these symptoms after receiving the vaccine:

- a severe allergic reaction
- trouble breathing
- pain or pressure in the chest that doesn't go away
- new confusion or your child can't stay alert
- bluish lips or face
- any other severe symptoms.

Source: Information obtained from [What to Expect after Getting a COVID-19 Vaccine](#) | CDC dated March 9, 2021.

allinahealth.org

Schedule the Second Vaccination

Make an appointment at any vaccine location that works best for you.

- If you have an Allina Health account, you should receive an email or text with a link to schedule your second dose. If you do not get an email or text, log in to your Allina Health account to schedule.
- Schedule at the registration desk before you leave your first vaccine appointment.
- Call the Customer Experience Center at 612-262-5533.

Consider Using the V-safe Tool to Report any Vaccine Side Effects

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after your child receives a COVID-19 vaccine.

Learn more or register at [cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html).

Consider Downloading the Docket® App

The Docket app gives you easy access to your personal and family immunization records from the Minnesota Department of Health. (This app is not currently available for Wisconsin residents.)

Download Docket on your mobile device (Apple App Store or Google Play).

Keep Wearing a Mask

Encourage your child to:

- wear a face mask that fits over the nose and mouth well
- stay at least 6 feet (about 2 arm lengths) from others who don't live with you
- avoid crowds
- wash hands well and often.