

Adolescents and the COVID-19 Vaccine



The Pfizer COVID-19 vaccine is the only vaccine authorized for teens aged 12 or older.

Why should I get vaccinated?

Although older people are more likely to get very sick from COVID-19, more young people are getting sick and hospitalized from the virus. Vaccines lower your chances of getting severe COVID-19 and passing the virus to your loved ones. Vaccinations also decrease the need to quarantine and help make in-person school and sports more successful.

Getting vaccinated also protects the health of the community. The more people who are infected, the more the virus can mutate into dangerous variants that could resist vaccines and therapies.

Do I need a parent or guardian to come with me?

We encourage you to bring a parent or other trusted adult; however, at age 15+ you can decide yourself to get a vaccine.

15-17 year-olds do not need to be accompanied and do not require parental consent.

12-14 year-olds must have a parent or guardian sign consent for the vaccine.

What should I do if my parents or guardians don't support me getting the vaccine?

We encourage you to discuss your decision with your parent or guardian. If they have concerns, suggest they consult with your family's health care providers.

Is the Pfizer vaccine safe for teens?

Yes, the vaccine is safe and effective. It was tested in thousands of study participants and produced enough data to convince the FDA to authorize it for emergency use. Tell your vaccine provider if you've ever had a severe allergic reaction to any vaccine in the past. Watch for any changes in your health and call your provider if you are unwell (especially chest pain, ongoing fatigue, trouble breathing).

What are the side effects?



Soreness at the injection site



Headache



Tiredness

Many people develop a sore arm at the vaccine site. Tiredness and headache are also common. Occasionally people experience muscle aches, chills, joint pain, vomiting or fever. These side effects mostly go away after a day or two.

If they do not go away, call your doctor. If you don't have a doctor, call 211.

What is in the vaccine?

Fats and Oils



Also found in
avocados

Acids



Also found in
lemons/limes

Salt



Also found in
seasoned foods

Sugar



Also found in
fruits

The Pfizer vaccine contains messenger RNA (a messenger molecule that's been in every living cell for billions of years) and ingredients like fats, salts and sugar that enable the vaccine to work in your body. The vaccine does not contain pork products, human products, eggs, latex or chemical preservatives.

Will the vaccine affect my fertility?

There is no scientific evidence that any of the COVID-19 vaccines can cause complications for those who are going through puberty, are pregnant or plan to become pregnant in the future.

Do I need to get both doses?

Yes. Pfizer is a two-dose vaccine, given at least 3 weeks apart. You should complete both doses for the strongest protection against COVID-19, especially with the new variants.

Does the vaccine cost money?

No. The COVID-19 vaccine is free. You do not need health insurance.

Myths vs. Facts

Myth: The vaccines were developed too fast and aren't safe.

Fact: All of the authorized vaccines have undergone thorough and transparent testing with tens of thousands of participants to ensure their safety. Although vaccines were developed with speed and efficiency to address the COVID-19 pandemic, no compromises were made in the quality or safety.

Myth: Getting a COVID vaccine can give you COVID-19.

Fact: You cannot get COVID-19 from a vaccine, and the vaccine will not result in a positive COVID-19 test. The vaccines do not contain live virus and no viral shedding results after vaccination. In addition, the vaccines cannot change your DNA.

Myth: People who already had COVID-19 don't need the vaccine.

Fact: While getting sick with COVID-19 can provide some immunity against re-infection, scientists don't know how strong that protection is or how long it lasts. Studies have shown that vaccination prompts a stronger immune response than natural infection.

Myth: Getting vaccinated will give me heart inflammation.

Fact: The risk of rare heart inflammation is extremely low, and the vaccine benefits far outweigh the risks of not getting vaccinated. Some people who get COVID-19 can develop heart inflammation.