

COVID-19 vaccination for Children: Checklist for Parents and Caregivers



Vaccination is the best way to protect your child and the people around them from COVID-19. COVID-19 vaccination is now recommended for those ages 6 months and older. Children might be nervous about getting their vaccine. Use this checklist to help you and your child get ready for their COVID-19 vaccine.

Before the Visit: Get Ready

- Prepare yourself as a parent.** Get the information and reassurance you need about the vaccine by reaching out to your child's pediatrician or visiting [CovidVaccineWA.org](https://www.CovidVaccineWA.org).
- Make an appointment.** Call your child's pediatrician or health care provider to see if they offer the vaccine. You can also use Vaccine Locator at [vaccinelocator.doh.wa.gov](https://www.vaccinelocator.doh.wa.gov) to find vaccination centers nearby.
- Plan ahead for special needs.** When scheduling the vaccine appointment, be sure to mention if your child has any special needs.
- Give your child a heads up.** Plan to talk to your child about the vaccine before the appointment.
- Talk openly and honestly with your child about the vaccine.** Listen to their concerns and provide age-appropriate answers to their questions.
- Focus on the positives.** Talk about why the COVID-19 vaccine is exciting and why you got yours. Knowing the *why* may help motivate your child and reduce their anxiety.
- Let your child know it's OK to be scared or nervous.** Reassure them that it's normal to feel this way.
- Pack comfort items.** Have your child pick a toy or stuffed animal to keep them company during the vaccination visit.



At the Appointment

- Get answers to any remaining questions.** Ask your health care provider any final questions about the vaccine or what to expect after your child gets vaccinated.

Questions? Visit: www.CovidVaccineWA.org

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- Reassure your child with your presence.** Hold their hand or sit next to them during the appointment.
- Model calm.** Take a few deep breaths to model for your child how to calm their mind and body.
- Give your child choices.** Would they like to get the vaccination in their left or right arm? Do they want you to count down when it's time for their vaccine, or not?
- Plan to wait for at least 15 minutes after vaccination** before leaving. During this time, the provider will watch for an allergic reaction. Allergic reactions are rare, but providers are trained to help if that happens.



After the Visit

- Celebrate!** Your child has patiently waited for their vaccine and adjusted to many life changes during the pandemic. Celebrate with a high five, a hug, words of affirmation, or whatever brings joy to you and your child.
- Let your child rest.** Your child may experience common side effects, so follow your health care provider's advice on how to help them through any discomfort.
- Keep your child's COVID-19 vaccination record card.** At the visit, your provider will give you your child's vaccination record card as proof that your child was vaccinated. Make sure to keep this card somewhere safe. Take a photo or make a photocopy if you want to have a copy with you.



For more information about COVID-19 in Washington State, visit [coronavirus.wa.gov](https://www.wa.gov/coronavirus). You can also contact the Department of Health call center at **1-800-525-0127 and press #** from 6 a.m. to 10 p.m. Monday, and 6 a.m. to 6 p.m. Tuesday — Sunday and observed state holidays. Language assistance is available.