



# COVID-19 Vaccines

## What Teens Need to Know

### VACCINES PROTECT YOU AGAINST GETTING VERY SICK FROM COVID.



- Many young people who get COVID-19 have **mild or no symptoms**. But some get very sick or get health problems that last a long time (called long COVID).
- The COVID-19 vaccine reduces your risk of getting very sick from COVID-19, ending up in the hospital, or dying. It also lowers your risk of getting long COVID.
- COVID-19 vaccines have been updated to protect against more recent strains of the virus, providing you with the best protection.

### EVERYONE SHOULD GET AN UPDATED COVID-19 VACCINE.

- **If you already had COVID or if you are pregnant or breastfeeding**, you should still get 1 dose of the updated 2023-2024 COVID vaccine.
- **Persons 12+** can receive an updated 2023-2024 Pfizer, Moderna or Novavax COVID-19 vaccine. Persons 12+ who were previously vaccinated with any covid vaccine and want to receive the updated Novavax vaccine should receive 1 dose of the updated Novavax vaccine. Unvaccinated persons 12+ who want to receive the updated Novavax vaccine should receive 2 doses of the updated Novavax vaccine.
- The vaccine can be given **at the same time** as other vaccines like the HPV vaccine.
- For more information, visit [cdc.gov/coronavirus/vaccine](https://cdc.gov/coronavirus/vaccine).



### HOW TO GET A VACCINE

- COVID vaccines are available at many doctors' offices, clinics, schools, & pharmacies. Find a site near you at [publichealth.lacounty.gov/vaccines/](https://publichealth.lacounty.gov/vaccines/).
- If you are under 18, ask about parent/caregiver consent. If you are in foster care, your caregiver or group home staff can provide consent as long as you agree.
- Call the DPH Vaccine Call Center at **1-833-540-0473** or **2-1-1** if you need help finding a vaccine, transportation, or in-home vaccination.
- COVID-19 vaccines are covered by all insurance plans. For uninsured and underinsured people, vaccine is free through the Vaccine for Children Program (aged <19 years of age) and the Bridge Access Program for adults.
- You will not be asked about your immigration status.





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### SERIOUS SIDE EFFECTS ARE RARE.

- Common side effects include pain, swelling and redness on the arm where you got the vaccine, nausea, tiredness, fever, chills, headache or muscle ache. These side effects should go away in a few days. Not everyone will get them.
- Side effects are a sign that your immune system is **building protection**.



### COVID-19 VACCINES ARE SAFE AND EFFECTIVE.

- The COVID-19 vaccines were tested and found to be safe and effective for teens. They continue to be closely monitored. To date, **hundreds of millions of people** have safely received a COVID-19 vaccine.
- Severe allergic reaction (anaphylaxis) can happen after any vaccine, including a COVID-19 vaccine - but this is **rare**.
- A small number of people, especially males ages 12 to 39 have had inflammation of the heart (myocarditis and/ or pericarditis) after getting a COVID-19 vaccine. The condition is rare and most cases are mild and respond well to treatment and rest. Your risk of myocarditis or other heart conditions is much higher if you get COVID-19. You **can't get COVID-19** from a COVID-19 vaccine. None of the vaccines contain the virus that causes COVID-19.
- There is no evidence that a COVID-19 vaccine affects teenage development or your ability to have kids.

Talk to your doctor, parent/guardian, or other trusted adult about the COVID-19 vaccine. Ask them any questions you may have.