



# COVID-19 Vaccines: What Teens in Foster Care Need to Know



Ages 12 & up  
FULL DOSE

## CAN I GET A COVID-19 VACCINE?

**Yes!**

- If you are 12 and older, you get the same **Pfizer** vaccine as adults. (Kids ages 5-11 get a version with a lower dose).
- The vaccine is given as a **2-dose primary series** 3-8 weeks apart. Plus, a **booster dose** 5 months later.
- The vaccine can be given at the same time as other vaccines like flu or HPV.
- Vaccines are **free** even if you don't have insurance.
- You will not be asked about your immigration status.



## WHY GET VACCINATED FOR COVID-19

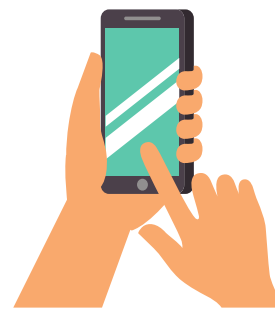
- Getting vaccinated is the best way to **protect yourself**. If you get COVID-19, you can spread the virus to others even if you don't feel sick.
- Many young people who get COVID-19 have mild or no symptoms, but some do get very sick or have health problems that last a long time.
- Getting vaccinated will make it safer to play sports, hang out with friends, or travel to visit family.
- Some school districts will require it.



## WHERE CAN I GET A VACCINE?

COVID vaccines are available at many doctors' offices, clinics, schools, & pharmacies. Visit [VaccinateLACounty.com](https://www.vaccinateLACounty.com) to find a site near you. If you are under 18, make sure they have the Pfizer vaccine and ask how consent should be given.

Call the DPH Vaccine Call Center at **833-540-0473** or **2-1-1** if you need help finding a vaccine, transportation to a site, or to request in-home vaccination.



## WHAT ARE THE SIDE EFFECTS?

COVID-19 vaccine side effects may include sore or red arm, feeling tired, fever, chills, headache, or muscle ache. Side effects are common and a sign that your immune system is **building protection**. Not everyone will get them. They should go away in a day or two.



## ARE COVID-19 VACCINES SAFE?

**Yes!** The Pfizer COVID-19 vaccine has been closely monitored and tested. It is safe and effective for teens. Since being authorized, **millions of 12 to 17-year-olds** have safely received the vaccine. You **can't get COVID-19** from the vaccine. None of the vaccines have the virus that causes COVID-19.

Severe allergic reaction (anaphylaxis) can happen after any vaccine, including the COVID-19 vaccine - but this is **rare**. A small number of people, especially male teenagers and young adults have had inflammation of the heart (myocarditis and pericarditis) after getting a Pfizer 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. Getting the second dose later (at 8 weeks) also lowers the risk of myocarditis.

There is no evidence that the COVID-19 vaccine affects teenage development or your ability to have kids.

## WHO MAKES THE DECISION WHETHER I CAN GET THE VACCINE?

If you are 18 years of age or older, you do! If you are age 17 or younger and in foster care, your foster caregiver, relative caregiver, or group home staff can provide consent as long as you agree. For more information, call your lawyer at the Children's Law Center 323-980-7700.

Teens who are age 15 or older and are self-sufficient (e.g., emancipated or self-sufficient minor, married, or previously married) can give their own consent. Otherwise, if you are under 18, a parent or legal guardian must give consent.

## WHAT IF I WANT THE VACCINE BUT MY FOSTER CAREGIVER DISAGREES?

If your foster caregiver will not consent to you getting the vaccine, contact your lawyer.

## WHAT DO I NEED TO BRING WITH ME WHEN I GET VACCINATED?

Photo ID is required at some vaccination locations. If you don't have a photo ID, contact your lawyer. Another option is to go to a location run by the Los Angeles County Department of Public Health which does not require a photo ID.

## BEFORE YOU GET VACCINATED

Talk to your doctor, parent, care giver, or other trusted adult about the COVID-19 vaccine. Ask them any questions you may have. Be sure the vaccine clinic you are going to is giving the Pfizer vaccine. If you are under 18, make sure you have gotten **parent/guardian or caregiver consent**.