For information visit: novascotia.ca/vaccine-plan
**Myocarditis and Pericarditis**

There have been rare cases of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) following vaccination with mRNA COVID-19 vaccines (including Pfizer) among children, youth, and adults.

These cases more commonly occur among males, persons aged 12 to 29 years of age, and after the second dose. These cases occurs less often if there is a longer interval (8 weeks) between the first and second dose. In youth and adults, these cases also occur less often following Pfizer compared to Moderna.

Current data suggest that the risk of myocarditis and pericarditis in those 5 to 11 years of age is lower than in youth and adults. Health Canada, the Public Health Agency of Canada, Nova Scotia, and vaccine manufacturers continue to closely monitor the safety of COVID-19 vaccines.

**Symptoms of Myocarditis/Pericarditis can include:**
- breathing fast or using extra muscles to breathe
- tiredness or fussiness
- chest pain or pressure
- unexplained sweating
- cough
- the feeling of a rapid or an abnormal heart rhythm
- swelling in the ankles and feet

**If your child develops any of these symptoms, they should seek immediate medical attention and you should mention they have received the vaccine.**

Most cases occur within a week of getting the vaccine. Most of these cases, although hospitalized are relatively mild and recover well with rest and treatment of symptoms. Myocarditis can also occur as a complication in people who are infected with COVID-19.

**National Advisory Committee on Immunization (NACI) Recommendations:**

NACI recommends that most individuals aged 5 to 11 receive the Pfizer COVID-19 vaccine due to the lower reported rate of myocarditis/pericarditis following Pfizer COVID-19 vaccine compared to Moderna in youth and adults.

**As a precautionary measure if your child was diagnosed with myocarditis and/or pericarditis following their first dose of Pfizer vaccine, you should delay the second dose in the vaccination series until more information is available.**

Children with a history compatible with pericarditis who had either no cardiac workup or had a normal cardiac workup may receive the next dose of vaccine once they are symptom free and at least 90 days have passed since vaccination. Discuss this with your child’s healthcare provider.

If your child has a history of myocarditis not related to mRNA COVID-19 vaccination you should consult their health care provider for individual considerations and recommendations. If your child is no longer being followed by a medical professional for heart issues, they can receive the vaccine.

The benefits of receiving a COVID-19 vaccine outweigh the very small risk of myocarditis/pericarditis in people of all ages.

**For more information, please see: Important Information about Myocarditis and Pericarditis**

---

**Updated Aug 29, 2022**

**For information visit:** [novascotia.ca/vaccine-plan](http://novascotia.ca/vaccine-plan)
## Who can get the Pfizer Pediatric COVID-19 vaccine?

If you identify with any of the situations in the ★ MAY BE ABLE TO GET ★ column, you should discuss your personal risks of COVID-19 and potential benefits and risks of getting the vaccine with your doctor, nurse practitioner, specialist, clinic nurse or pharmacist familiar with your medical history before deciding whether getting the vaccine is right for you.

<table>
<thead>
<tr>
<th>ELIGIBILITY</th>
<th>CAN GET</th>
<th>MAY BE ABLE TO GET</th>
<th>SHOULD NOT GET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age:</strong> Pfizer Pediatric vaccine: 5-11 years of age</td>
<td></td>
<td>★</td>
<td></td>
</tr>
</tbody>
</table>
| **Has your child received any COVID-19 vaccines while living in another province/country?**
  If yes, please provide information to immunization provider.              |         | ★                  |               |
| **Primary Series:** Children who have experienced COVID-19 infection before starting or finishing their primary COVID-19 vaccine series are advised to wait 8 weeks (or between 4-8 weeks if immunocompromised) after symptoms started or after testing positive (if no symptoms were experienced) before receiving their primary series dose of COVID-19 vaccine. | ★       |                   |               |
| **Booster Dose:** Most children should wait 168 days after infection with COVID-19 before receiving their booster dose. Children who are immunocompromised should wait 120 days after infection. Some individuals may choose to receive their vaccine sooner than the recommended interval. It is advised to wait at least 3 months prior to receiving a booster. | ★       |                   |               |
| **Has your child been diagnosed with Multisystem Inflammatory Syndrome in Children (MIS-C) in the past?**
  Need to provide date of diagnosis to health care provider. Your child can receive COVID-19 vaccine when they have recovered or it has been greater than 90 days since the onset of MIS-C, whichever is longer. |         | ★                  |               |
| **Has your child received treatment for COVID-19 with (Sotrovimab)?** Need to provide date when received to health care provider. Each situation will be decided on a case-by-case basis to ensure you receive protection from the vaccine. |         | ★                  |               |
| **Has your child suffered an anaphylactic reaction (severe allergic reaction) to a different vaccine or another injectable medication?** If you answer yes, your child may be vaccinated today, but will be observed for 30 minutes after receiving the vaccination. (Children with a diagnosed food allergy can receive the COVID-19 vaccine without this prolonged observation time.) | ★       |                   |               |
| **Did your child experience myocarditis or pericarditis after their first immunization with Pfizer vaccine?** |         | ★                  |               |
| **Allergies:** Has your child ever experienced anaphylaxis (severe allergic reaction) to Polyethylene Glycol (PEG), Tromethamine (trometamol or Tris) or any other ingredient in the vaccine? Tell the health care provider if your child is allergic to anything that may contain Polyethylene Glycol, Tromethamine. In very rare cases, Polyethylene glycol (PEG) can cause allergic reactions. It is found in products such as medications, bowel preparation products for colonoscopy, laxatives, cough syrups, cosmetics, skin creams, dermal fillers, medical products used on the skin and during operations, and contact lens solutions. * Tromethamine is a component in contrast media, oral and parenteral medications. Consultation with an allergist is recommended before your child receives Pfizer vaccine. Nut allergies are not a contraindication to vaccination of children. |         | ★                  |               |
| **Problems with immune system:** Does your child have problems with their immune system? | ★       |                   |               |
| Does your child have an autoimmune disease? | ★       |                   |               |

In addition to the above information, tell the health care provider if:
- Your child has fainted or felt faint after getting past vaccines or medical procedures.
- Your health care provider may recommend that you get the vaccine lying down to prevent fainting.
- Your child has a bleeding disorder or is taking medication that could affect blood clotting.
- This information will help the health care provider prevent bleeding or bruising from the needle.

Updated Aug 29 2022

For information visit: novascotia.ca/vaccine-plan
When should my child return for their next dose of vaccine?

Completing your child’s primary series helps them to build stronger protection.

Most children need two doses to complete their primary series. They should get the second dose of COVID-19 vaccine 8 weeks after the first dose.

Children who are moderately to severely immunocompromised are recommended to receive three doses to complete their primary series. These children should receive their second dose 28 days after their first dose and receive their third dose 56 days after their second.

Tell the person providing the second or third dose if your child experienced any side effects after the last dose.

Tips for Parents Supporting Children to Receive Their COVID-19 Vaccine

Resources for Children Receiving Immunizations

- iwk.nshealth.ca/covid-assets/Nervous-About-Needles-En.pdf
- iwk.nshealth.ca/COVID-19/vaccination-resources

For information visit: novascotia.ca/vaccine-plan

Updated Aug 29, 2022
Pfizer COVID-19 Vaccine for Children Aged 5-11

Everything you need to know after your child gets the COVID-19 vaccine

What should I do right after getting the vaccine?

- You and your child will stay in the clinic for 15 minutes after getting the vaccine. You may be asked to wait for 30 minutes if there is concern about a possible vaccine allergy or allergy to another injectable medication.

- Tell a health care provider at the clinic if your child feels unwell while waiting. If waiting in your vehicle, honk your horn to get their attention.

- Use the hand sanitizer (alcohol based hand rub) to clean your hands before leaving the clinic.

In rare cases, people can faint or have an allergic reaction after getting a vaccine.

Symptoms of an allergic reaction include:

- hives (bumps on the skin that are often very itchy)
- swelling of your face, tongue or throat
- or difficulty breathing

Clinic staff are prepared to manage these events if they happen.

Tell a health care provider at the clinic right away if your child is having any of these symptoms.

Serious side effects after getting the vaccine are rare. However, should your child develop any serious symptoms that could be related to an allergic reaction, CALL 911 RIGHT AWAY.

For information visit: novascotia.ca/vaccine-plan
What are the side effects of the COVID-19 vaccine? What can I expect over the next few days?

Children can have side effects in the two weeks after getting the vaccine with most of the common side effects occurring in the first day or two.

Side effects are expected and can show the vaccine is working to produce protection in your body. They may include:
• Pain, swelling or redness where the needle was given. Place a cool, damp cloth or wrapped ice pack over where the vaccine was given
• Tiredness, headache, muscle pain, joint pain, nausea, vomiting, chills, fever or enlarged lymph nodes (swollen glands) in your child’s underarm. Pain or fever medication (acetaminophen or ibuprofen) may relieve the pain or fever. Check with your healthcare provider if you need advice about medication.

Although these side effects are not serious, they may make your child feel unwell for about one to three days. They will go away on their own.

Rarely Bell’s palsy (weakened or inability to move the muscles of the face) has been reported after mRNA vaccines like Pfizer. Seek medical attention right away if your child experiences facial weakness or drooping or other symptoms involving the face.

If you have any concerns about the symptoms your child develops after getting the vaccine, including symptoms of myocarditis/pericarditis, contact your health care provider for advice. Tell the person providing the second dose about any side effects your child experienced with the first dose.

Things to remember

Even after your child has received the COVID-19 vaccine, they should continue to follow public health guidance to prevent the spread of COVID-19:
✓ clean your hands regularly
✓ stay home if you or your child feel unwell

Keep this sheet or other immunization record in a safe place.

If you have questions, call your health care provider or visit novascotia.ca/vaccine-plan.