

Preparing for your child's COVID-19 vaccine appointment

Vaccinations are the best way to protect yourself, your loved ones and the community from COVID-19. Children aged five to 11 are now eligible to receive the Pfizer-BioNTech COVID-19 vaccine. To book an appointment online, children must be turning five years old by the end of 2021 (born in 2016).

Here's what you can expect at your child's appointment.

What to do in advance

1. Stay hydrated - make sure the child being vaccinated has water before the appointment. If possible, ensure they also have a snack or meal before the appointment.
2. Dress for the weather – those with appointments may need to wait outside before the appointment
3. Bring proof of age – the child must have proof that they will be 5 years old before the end of 2021 (born in 2016) or older.
4. Have **one** family member or guardian accompany the child to the appointment.

During the appointment

- Children between 5 (born in 2016) to 11 years old should receive the pediatric Pfizer (10 mcg) dose
- Youth 12 years of age and older should receive the Pfizer (30 mcg) dose.
- Consent from a parent or guardian **is** required. [Please complete this form.](#)
- Reminder: No washrooms are available at the St. Joseph's vaccination clinic

After the appointment

Once the child is vaccinated, we'll ask them to wait 15 minutes so we can monitor them for any immediate reaction to the vaccine.

Additional resources

- [How to get to St. Joseph's Health Centre](#)
- [St. Joseph's Health Centre COVID-19 Vaccination Clinic](#)
- [COVID-19 Vaccine Information Sheet: For Children \(age 5 to 11\)](#)
- [Q&A about the COVID-19 vaccine for kids with Unity Health pediatrician Dr. Anne Wormsbecker](#)
- [A Guide for Parents: How to Reduce the Pain of Vaccination in Kids and Teens](#)
- [AboutKidsHealth: Strategies to Help Cope Before and During Vaccination](#)
- [Needles Don't Have to Hurt: How to Help Your Child Have a Comfortable Vaccination Experience](#)
- [How to Talk to Kids About Getting Vaccinated](#)
- [COVID-19 Vaccine Consult Service for Children, Youth and Their Families – SickKids](#)