

To have your child immunized at school for COVID-19, please read the attached COVID-19 vaccine information sheet, complete this form, and return it to your child's school. NOTE: this form must be completed by a parent or guardian.

| Child's personal information  |               |  |
|---|---------------|--|
| Child's Name (Last, First, Middle)  |               | Date of Birth (dd-Mon-yyyy)            |
| Personal Health Number (PHN)  |               | Gender                                 |
| School  | Grade         | Client/Unit ID # (For Office Use Only) |
| Child's health information (If you need more space, use the other side of this form.)   |               |  |
| Does your child have any allergies, including allergies to any vaccine, medicine, or food?<br><input type="checkbox"/> No <input type="checkbox"/> Yes    If yes, describe _____<br>_____   |               |  |
| Has your child had a COVID-19 vaccine before?<br><input type="checkbox"/> No <input type="checkbox"/> Yes    If yes, when _____   |               |  |
| Has your child ever had a side effect from COVID-19 immunization?<br><input type="checkbox"/> No <input type="checkbox"/> Yes    If yes, describe _____<br>_____  |               |  |
| Consent   |               |  |
| <p>I confirm that I have read the attached COVID-19 vaccine information. I know about and understand the risks, benefits, and common side effects of this vaccine. Any questions I may have had about my child getting this vaccine have been answered by calling the local public health office or Health Link at 811. I understand the information I have been given.</p> <p>I understand this consent is for a dose of the COVID-19 vaccine. I will contact the local public health office or the nurse for the school if my child:</p> <ul style="list-style-type: none"><li>■ has any changes to their health before getting the COVID-19 vaccine</li><li>■ has a severe or unusual side effect after the first dose of the COVID-19 vaccine (other than the expected side effects listed on the COVID-19 vaccine information sheet)</li></ul> <p>I consent to my child getting the Pfizer-BioNTech (Comirnaty) mRNA COVID-19 vaccine.</p> <p>I understand that I may withdraw this consent at any time by calling the local public health office or the nurse for the school.</p> <p>I confirm that I have the legal authority to consent to this immunization.</p> |               |  |
| Printed name of person giving consent   | Daytime phone | Other phone                            |
| Relationship to child<br><input type="checkbox"/> Parent (with legal authority to consent) <input type="checkbox"/> Guardian<br><input type="checkbox"/> Other _____  |               |  |
| Signature of person giving consent  |               | Date (dd-Mon-yyyy)                     |

Alberta Health Services collects health information according to Section 20 of the Health Information Act (HIA). This information is used to provide health services, determine eligibility for health services, or to carry out any other purpose authorized by the HIA. If you have any questions about this, please ask the healthcare provider giving the immunization or contact your local public health office. If you do not know your local public health office, call Health Link at 811 to get this information.



## COVID-19 vaccines - mRNA

**Immunization protects you from disease. Get protected, get immunized.**

- **Vaccines make your immune system stronger. They build antibodies to help prevent diseases.**
- **Immunization is safe. It is much safer to get immunized than to get this disease.**

### What are COVID-19 vaccines?

COVID-19 vaccines protect against the SARS-CoV-2 virus (also known as COVID-19). The virus causes an infection in the lungs and airways and is a type of respiratory illness. Go to [ahs.ca/covid](https://ahs.ca/covid) to learn more about COVID-19.

There are 2 types of COVID-19 vaccines approved for use in Canada:

- **mRNA vaccines:** The Pfizer-BioNTech (Comirnaty) and Moderna (SpikeVax) vaccines are mRNA vaccines.
- **Viral vector-based vaccines:** The AstraZeneca (Vaxzevria)/COVISHIELD and Janssen (Johnson & Johnson) vaccines are viral vector-based vaccines. For information about the viral vector-based vaccines, read the vaccine information sheet on [ImmunizeAlberta.ca](https://ImmunizeAlberta.ca).

### How do mRNA vaccines work?

The mRNA vaccines have messenger RNA (mRNA) that teaches your cells to make a spike protein. This spike protein is like the one on the surface of the virus that causes COVID-19. Because the protein is not normally found on your cells, it triggers your immune system to make antibodies against it. If you have contact with the real COVID-19 virus, these antibodies are ready to protect you and fight the virus.

### Who should get an mRNA COVID-19 vaccine?

You should get an mRNA COVID-19 vaccine if you are age 12 years or older. Everyone is at risk of COVID-19. COVID-19 vaccines are free.

You will get an mRNA COVID-19 vaccine unless you cannot get or do not want this type of vaccine. Then you can choose to get a viral vector-based vaccine if you are age 18 years or older.

### What if my child is getting a COVID-19 vaccine?

Children under age 18 years need a parent or guardian to give consent for them to get a COVID-19 vaccine. If a parent or guardian cannot be at the appointment, they can give consent in writing using the consent form at [ahs.ca/VaccineUnder18](https://ahs.ca/VaccineUnder18). In some cases, children under age 18 years may be able to give their own consent.

### How well do COVID-19 vaccines work?

If you are healthy and get all the doses you need, COVID-19 vaccines give you very good protection against COVID-19 infection.

Two doses of the mRNA vaccines give more protection than 2 doses of the AstraZeneca/COVISHIELD vaccine or 1 dose of the Janssen vaccine.

All the vaccines work very well to lower your risk of getting seriously ill and of needing to be in the hospital.

Even if you have had a COVID-19 vaccine, it is still important to follow public health measures to prevent the virus from spreading. Go to [ahs.ca/covid](https://ahs.ca/covid) for the most up-to-date information.

### How many doses of mRNA COVID-19 vaccine do I need?

You need at least 2 doses of an mRNA COVID-19 vaccine.

You may need additional doses if you have a high risk of severe disease due to your age or you:

- have a health problem that weakens your immune system, for example, you have had or will have an organ or stem cell transplant, you have kidney disease and need dialysis, or you have acquired immunodeficiency syndrome (AIDS)
- take certain medicines that weaken your immune system
- live in a specific type of seniors congregate living facility, such as long term care
- are Indigenous and are age 18 years or older

You may also need additional doses for more protection if you are age 18 years or older and you:

- are a frontline healthcare worker who has direct in-person contact with patients **and** you had your first 2 doses of COVID-19 vaccine less than 8 weeks apart
- had 2 doses of AstraZeneca/COVISHIELD vaccine or 1 dose of Janssen vaccine **and** you have not had any doses of mRNA COVID-19 vaccine

If you are travelling outside of Canada and you have had only viral vector-based vaccines or different vaccines for your first 2 doses, you may be able to get additional doses. This is only if your destination requires you to have a certain COVID-19 vaccine series.

Visit [alberta.ca/covid19-vaccine](https://alberta.ca/covid19-vaccine) for more information and to find out if you can get additional doses.

### If I need additional doses, what vaccine will I get?

You will get an mRNA vaccine for any additional doses. If you cannot get or do not want an mRNA vaccine, you can get the AstraZeneca/COVISHIELD vaccine.

If you get additional doses, this is “off-label” use of the vaccine if:

- You are age 12 to 17 years.
- You get your additional dose sooner than 6 months after your last dose.
- You get the AstraZeneca/COVISHIELD vaccine as an additional dose.

“Off-label” use means the vaccine is not licensed for additional doses, but vaccine experts support this in certain situations. The Pfizer-BioNTech and Moderna vaccines are licensed for additional doses for people age 18 years or older who get their additional dose no sooner than 6 months after their last dose. If you are getting additional doses, talk to your healthcare provider about which vaccine you can get and when you should have your doses.

### I got an mRNA vaccine as my first dose. Can I get a different mRNA vaccine for my second or any additional doses I may need?

Usually you get the same vaccine for all your doses. But you can get a different mRNA vaccine if your first-dose vaccine is not available or you prefer a different available mRNA vaccine. Both Pfizer-BioNTech and Moderna COVID-19 vaccines work in the same way.

Whichever vaccine you get for your second dose completes your 2-dose series and protects you against COVID-19.

Go to [ahs.ca/seconddose](https://ahs.ca/seconddose) for more information.

## What if I got the AstraZeneca/COVISHIELD vaccine as my first dose?

The AstraZeneca/COVISHIELD vaccine is a safe vaccine that works well to protect you against COVID-19. But some people may choose an mRNA vaccine for their second dose.

If you got the AstraZeneca/COVISHIELD vaccine for your first dose, you can choose the AstraZeneca/COVISHIELD vaccine or an mRNA vaccine for your second dose.

No matter which vaccine you choose, the second dose offers protection against COVID-19 and will complete your 2-dose series.

Go to [ahs.ca/seconddose](https://ahs.ca/seconddose) for more information about getting an mRNA vaccine after an AstraZeneca/COVISHIELD vaccine.

## Can I get an mRNA COVID-19 vaccine if I am pregnant or breastfeeding?

Yes, you can get an mRNA COVID-19 vaccine if you are pregnant or breastfeeding. Research shows that mRNA vaccines are the safest type of COVID-19 vaccines to get during pregnancy.

When you are pregnant, you have a higher risk of getting very sick from COVID-19. Getting a COVID-19 vaccine when you are pregnant lowers your risk of getting seriously ill from the virus.

If you are pregnant or breastfeeding and have questions about getting a COVID-19 vaccine, talk to your healthcare provider.

## Where can I get a COVID-19 vaccine?

Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine) to find out where and when you can get a COVID-19 vaccine.

## Are there side effects from mRNA COVID-19 vaccines?

There can be side effects from mRNA COVID-19 vaccines, but they tend to be mild and go away in a few days. Side effects may include:

- redness, swelling, or feeling sore where you had the needle
- feeling tired or have a headache
- a fever or chills
- body aches or sore joints
- feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea)
- swollen lymph nodes
- a reduced sense of touch or a feeling of numbness
- feeling dizzy

You may be more likely to have these side effects if you have another vaccine at the same time as a COVID-19 vaccine.

Current information shows that there is similar risk of side effects after a first, second, or additional dose of COVID-19 vaccine. Research continues to find out more about the risk of side effects after additional doses.

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects.

## What rare events have been reported after getting an mRNA COVID-19 vaccine?

There have been very rare reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) within 7 days of getting either the Pfizer-BioNTech or the Moderna vaccine.

The inflammation can cause shortness of breath, chest pain or pressure, or a very fast or abnormal heart rate. Get medical help **right away** if you have any of these symptoms.

These rare events were reported mostly after the second dose and in young adults and adolescents. Most cases were mild and got better with treatment.

The Moderna vaccine may have a higher risk of these events than the Pfizer-BioNTech vaccine. Because the Moderna vaccine was only recently approved for use in 12 to 17 year olds, there is more to learn about these risks for this age group after getting the Moderna vaccine.

Talk to your healthcare provider, if you have ever had myocarditis or pericarditis and you have questions about COVID-19 vaccines. It is not yet known if having a history of these health problems puts you at higher risk for these rare events after a COVID-19 vaccine.

Your risk of getting seriously ill from COVID-19 is much higher than your risk of having a rare event after these vaccines.

Go to COVID-19 vaccine – Frequently Asked Questions on [ahs.ca/topics/Page17389.aspx](https://ahs.ca/topics/Page17389.aspx) for more information.

## How can I manage side effects?

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- Children under the age of 18 years should **not** take aspirin because it can cause serious health problems.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been told to do this, call your doctor even if you think the fever is from the vaccine.

## What if I had or am getting another type of vaccine?

You can get any vaccine at the same time as, any time before, or any time after a COVID-19 vaccine.

## Who should not get an mRNA COVID-19 vaccine?

You may not be able to get an mRNA COVID-19 vaccine if you:

- have an allergy to any part of the vaccine
- had a severe (serious) or unusual side effect after this vaccine or one like it
- are under age 11 years

Check with your doctor or a public health nurse before you get an mRNA COVID-19 vaccine.

Be sure to talk to your doctor **before** you get an mRNA COVID-19 vaccine, if you:

- have a weak immune system (because of a medicine you take or a health problem)
- have an autoimmune disorder (like rheumatoid arthritis or lupus)
- have had a stem cell or organ transplant
- have a history of myocarditis or pericarditis after receiving a dose of COVID-19 vaccine
- have been treated for a COVID-19 infection in the last 90 days

Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

## For More Information



Call Health Link at 811



Go to [ImmunizeAlberta.ca](https://immunizealberta.ca)



Go to [MyHealth.Alberta.ca](https://MyHealth.Alberta.ca)



Go to [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine)