



# Clarity

## Talking to kids about the COVID-19 vaccine

Kids know about shots. But some kids aren't too sure about the COVID-19 vaccine. It's new. And since it's so new, there are some questions children may have about it.

- Is it safe?
- Will it really work?
- When will I have to get the shot?
- Does this mean the pandemic is over?

Those are fair questions. Here's what we know:

- Safety is very important. Vaccines are looked over by the U.S. Food and Drug Administration (FDA) to make sure they are safe and helpful.
- Vaccines work to fight against different kinds of diseases.
- Scientists are still studying COVID-19 vaccines for kids. **The Centers for Disease Control and Prevention (CDC)** will let us know when the vaccine is ready for children.
- The pandemic isn't over. But vaccinations will help us get a step closer to our "normal" lives.

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## Tips to help ease your child's stress about the COVID-19 vaccine

- Explain how vaccines can help fight diseases and illnesses
- Express that COVID-19 vaccines won't replace wearing masks and social distancing, at least for now. The Centers for Disease Control and Prevention recommends for everyone to keep practicing those safety measures.
- Discuss how information posted on social media about vaccines isn't always trustworthy.

We're here to help manage any stress you and your child may have. Call us any day, any time.

For additional resources, visit the **COVID-19 Resource center.**



### The EAP is administered by Resources For Living, LLC.

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