

# COVID-19 & VACCINATION

A guide for parents, guardians and children.



# BEFORE YOU START...

This booklet serves to educate parents, guardians and children on COVID-19 and the importance of vaccines.

## TO PARENTS AND GUARDIANS:

Work through this booklet with your child. Take turns reading the information aloud and complete the exercises together. If you or your child have unanswered questions please go to [www.wesparkhealth.com](http://www.wesparkhealth.com).

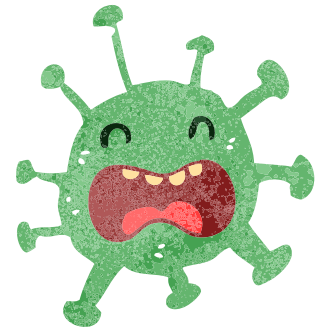
## TO CHILDREN:

Ask a parent or guardian to work through this booklet with you. Don't be afraid to ask questions!



# What is a Virus?

Viruses are invaders to our body that are dangerous because they can interrupt our normal body functions. They make many copies of themselves, causing us to feel sick and have symptoms - like stuffy nose, cough, fever, etc.



## Are they dangerous?

Some viruses can be dangerous because they can make copies of themselves very quickly and cause us harm, usually faster than our body is able to protect us.

## What is coronavirus?

Coronavirus is a group of similar viruses with some differences - like apples are all similar, but different colours! COVID-19 is a new coronavirus that can cause cough, fever, shortness of breath and other health problems.

## How do I protect myself from COVID-19?



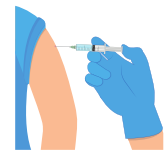
HAND-WASHING



WEAR A MASK



STAY 2M APART

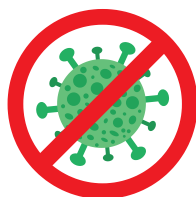
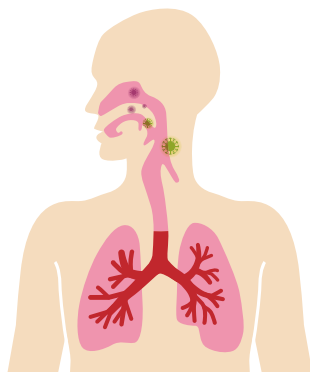


GET VACCINATED

## What does a vaccine do?

The vaccine helps our bodies prepare to fight against invaders, like viruses and bacteria, that make us sick.

There are vaccines against many viruses, like the ones that cause chicken pox, the flu, and COVID-19.



Vaccines have helped us prevent outbreaks of many diseases. If enough people get vaccinated against COVID-19, we may be able to slow down the spread of the virus. This means it won't make as many people sick.



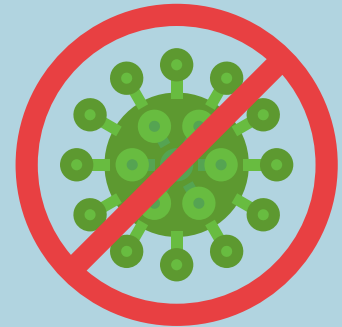
# MYTHBUSTERS

There are many myths about COVID-19 and the vaccine. Let's take a look at some of the common ones.



## MYTH: The vaccine causes COVID-19

The vaccine does NOT contain COVID-19. It simply teaches our immune system to recognize parts of COVID-19 so that our bodies are better prepared to fight the virus if we do become infected in the future.



## MYTH: The vaccine changes your DNA

DNA is our genetic material, and it is located in the nucleus, or the 'brain,' of our cells. The vaccine does NOT enter the nucleus, and therefore cannot affect our genes.



## MYTH: The vaccine is not safe

COVID-19 vaccines were developed quickly, but they were tested for safety the same way other vaccines are. They were created so quickly because the technology used to develop them has been studied for over 20 years.



## MYTH: If you've had COVID-19, you no longer need to get vaccinated.

Because the COVID virus is always changing and creating new versions, or **variants**, of itself, people can get infected with COVID more than once. Vaccines are also changing to fight off these new variants. Getting vaccinated helps decrease your chances of getting COVID again and again.

# Why should you get vaccinated?

Some people choose not to get vaccinated. This doesn't mean they will get COVID-19, but it puts them at a much higher risk of serious illness if they do get COVID-19. Vaccines won't guarantee that you don't get COVID, but they will protect you from the most dangerous symptoms, such as difficulty breathing. Below are three reasons you should get vaccinated:

## 1. Going to school

It is hard to physically distance in a classroom, so germs can easily spread. The vaccine will keep you, your classmates, and teachers safe so the virus doesn't infect everyone in the room.



## 2. Going on vacation

Many vacation spots are often crowded, and since you don't know if others are infected with COVID-19, the vaccine is your best defence against the virus so you can enjoy your vacation!



## 3. Visiting family

If you are not vaccinated, you are putting your family at a higher risk of getting COVID-19. This is dangerous for high-risk family members, such as grandparents. Get vaccinated and keep your family safe!



## Can you think of three more reasons it is important to get vaccinated?

Write down your reasons below with an explanation.

4.

5.

6.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# FILL IN THE BLANKS

Using the word bank below, complete the following sentences:

1. Viruses are dangerous because they can make

\_\_\_\_\_ of themselves quickly.

2. COVID-19 symptoms include a cough, shortness

of breath, and \_\_\_\_\_ .

3. \_\_\_\_\_ invade our body and can make us

sick.

4. The coronavirus is constantly \_\_\_\_\_ and

this leads to new variants.

5. The best method of protection against COVID-19

is \_\_\_\_\_ .

viruses    changing    disease

fever    vaccination    copies

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# WORD SCRAMBLE

Unscramble the words below.

avicnec

\_\_\_\_\_

Hint: This helps protect us from experiencing COVID-19 symptoms

ruvis

\_\_\_\_\_

Hint: Foreign invader of our body that can be dangerous.

nuleucs

\_\_\_\_\_

Hint: The "brain" of our cells.

odicy

\_\_\_\_\_

Hint: The virus this booklet focuses on.

anhd siwahng

\_\_\_\_\_

Hint: This is one of the ways to protect yourself from getting COVID-19 and infections from other viruses and bacteria.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MY VACCINE JOURNAL

On a scale of 1-10, how confident do you feel about getting vaccinated?

1    2    3    4    5    6    7    8    9    10

Not confident



Very Confident

Fill this out after you get your vaccination!

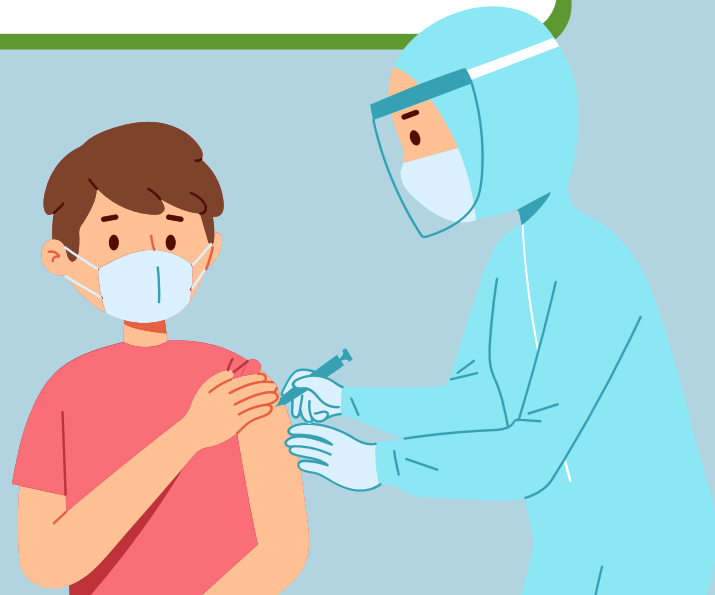
**VACCINE DATE:**

**VACCINE LOCATION:**

**VACCINE TYPE:**

**I GOT VACCINATED  
BECAUSE:**

**AFTER GETTING  
VACCINATED I FEEL:**





# Steps to Vaccinate Your Child

(FOR PARENTS AND GUARDIANS)



## 1. Talk with your child about the COVID-19 vaccine.

Use age-appropriate language and tell them about the positive effects of getting vaccinated.



## 2. Book their appointment online.

Visit your local public health unit website for current information about booking a vaccination.



## 3. Prepare your child about what to expect.

Tell them what will happen at the appointment and answer any of their questions beforehand.



## 4. Come prepared.

Bring a mask and a comfort item for your child.

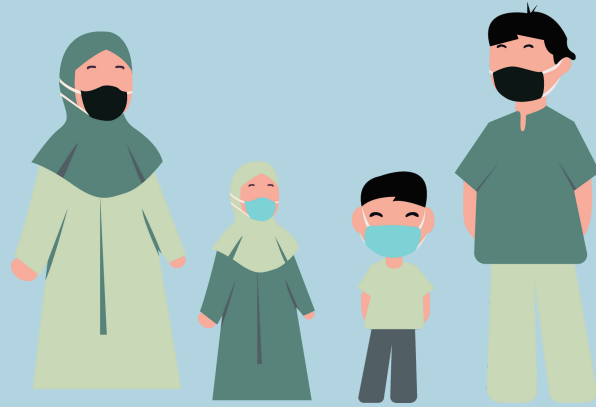
## 5. Use coping strategies

During the appointment, use breathing exercises or a distraction such as a favourite toy, to promote a positive experience.

## 6. Reward your child.

After the appointment, recognize their efforts with a treat or a small reward.





# WANT TO LEARN MORE?

Please visit [www.wesparkhealth.com](http://www.wesparkhealth.com)



This booklet was created as part of the Sparking Vaccine Confidence project by student Moneeza Sami, UWindsor.

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University  
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**ST. CLAIR**  
COLLEGE

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CRSNG**