

As medical providers, parents and guardians often come to us with concerns regarding their child's health and well-being. One of the main concerns we have heard throughout the year is the efficacy and safety of the COVID-19 vaccine for children. It is our responsibility to provide you accurate information and evidence so that you can make an informed decision when vaccinating your child.

Children and young adults easily spread COVID-19 in school, to peers, and at home. Community transmission is impacted by school-age kids. Almost two million children ages 5-11 were infected with COVID-19 from the beginning of the pandemic, with 20,000 of those children living in Iowa. More than 8,300 of those two million cases were hospitalized, 32% had no underlying health condition (e.g., diabetes, obesity), and one-third ended up in the ICU. This is likely a significant underrepresentation of the true number of cases. In the last pandemic surge caused by the Delta variant, over 30% of cases occurred in children and young adults ages 0-17. Only about 94 children ages 5-11 have died of COVID-19 making it the eighth leading cause of death. All of this evidence illustrates the imperative need to keep our children safe and healthy by vaccinations.

Side effects among children 5-11 years of age of the COVID-19 vaccine are generally mild and include fatigue, headache, and muscle pain. Fever and chills were reported less often than in earlier adolescent studies. No serious adverse outcomes were reported.

Another concern parents and guardians have expressed to us is the COVID-19 vaccine affecting a female's fertility. There are now multiple large-scale studies proving the safety of vaccines in women who plan to become pregnant and who are already pregnant. All studies reinforce that the COVID-19 vaccine does not impact fertility or pregnancy.

The COVID-19 vaccine is safe and effective for children ages 5-11. Studies illustrate a 91% protection rate against COVID-19 and the delta variant. As medical providers, we too, want the best for your children's health and safety. Getting a vaccine as soon as possible is of the utmost importance. This vaccine not only benefits your children but the community where they live, learn, play and thrive.

For more information on COVID-19 side effects, vaccine clinical trials and fertility, please visit:

[Myocarditis after Covid-19 Vaccination in a Large Health Care Organization | NEJM](#) (most recent)

[COVID-19 mRNA vaccines in adolescents and young adults: Benefit-risk discussion \(cdc.gov\)](#)

[Myocarditis after BNT162b2 mRNA Vaccine against Covid-19 in Israel | NEJM](#)

[CDC COVID-19 Vaccination Planning Meeting](#)

[Acute Myocarditis Following COVID-19 mRNA Vaccination in Adults Aged 18 Years or Older | Cardiology | JAMA Internal Medicine](#)

[Vaccines and Related Biological Products Advisory Committee October 26, 2021 Meeting Announcement - 10/26/2021 - 10/26/2021 | FDA](#)

[COVID-19 | ACOG](#) – American College of Obstetricians and Gynecologists

[COVID-19 Updates and Resources | ASRM](#) – American Society for Reproductive Medicine

[COVID-19 | SMFM.org - The Society for Maternal-Fetal Medicine](#) – Society for Fetal and Maternal Medicine