

# **COVID Vaccines and Children**

## **Update Session:**

### **Parents and Guardians**

**September 2022**

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Toronto Public Health

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**Director | Chief Nursing Officer**  
Toronto Public Health

# Tkaronto (Toronto) Land Acknowledgement



*This meeting is being hosted on the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples.*

*We also acknowledge that Toronto is covered by Treaty 13, signed with the Mississaugas of the Credit and the Williams Treaties signed with multiple Mississaugas and Chippewa bands.*

<https://www.toronto.ca/city-government/accessibility-human-rights/indigenous-affairs-office/>

# Please Note

- Resources or items that are underlined indicate a hyperlink.
- As we enter into Fall and COVID evolves, the recommendations provided may change.

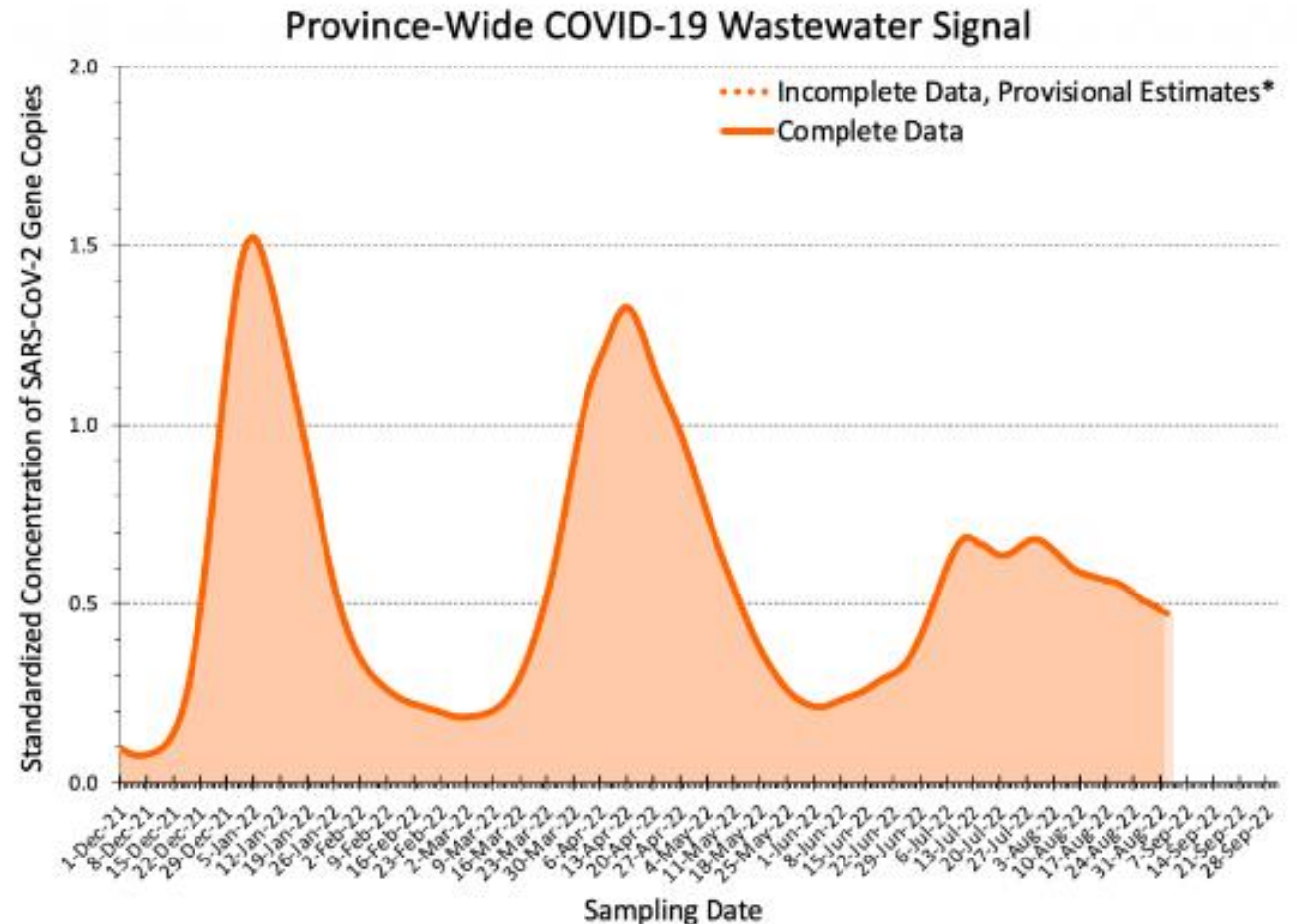
# COVID and Variants

- COVID is a viral infection that mainly affect the lungs and may continue to impact the brain, lungs and heart for months after recovering.
- A variant is a change (or mutation) in the COVID virus.
- Variants tend to spread more quickly and can lead to more severe illness, including the need for hospitalization or death - especially in people who have not been vaccinated.
- **Omicron BA.5** is the dominant variant in Toronto and Ontario driving the 7<sup>th</sup> wave.

# Waste Water Surveillance: Keeping Track of COVID in the Community

- Wastewater surveillance is one method to monitor the presence of COVID in a community.
- It doesn't determine the number of cases of COVID in the community but can generally identify if virus activity is increasing or decreasing.
- Toronto waste water monitoring can be found at:

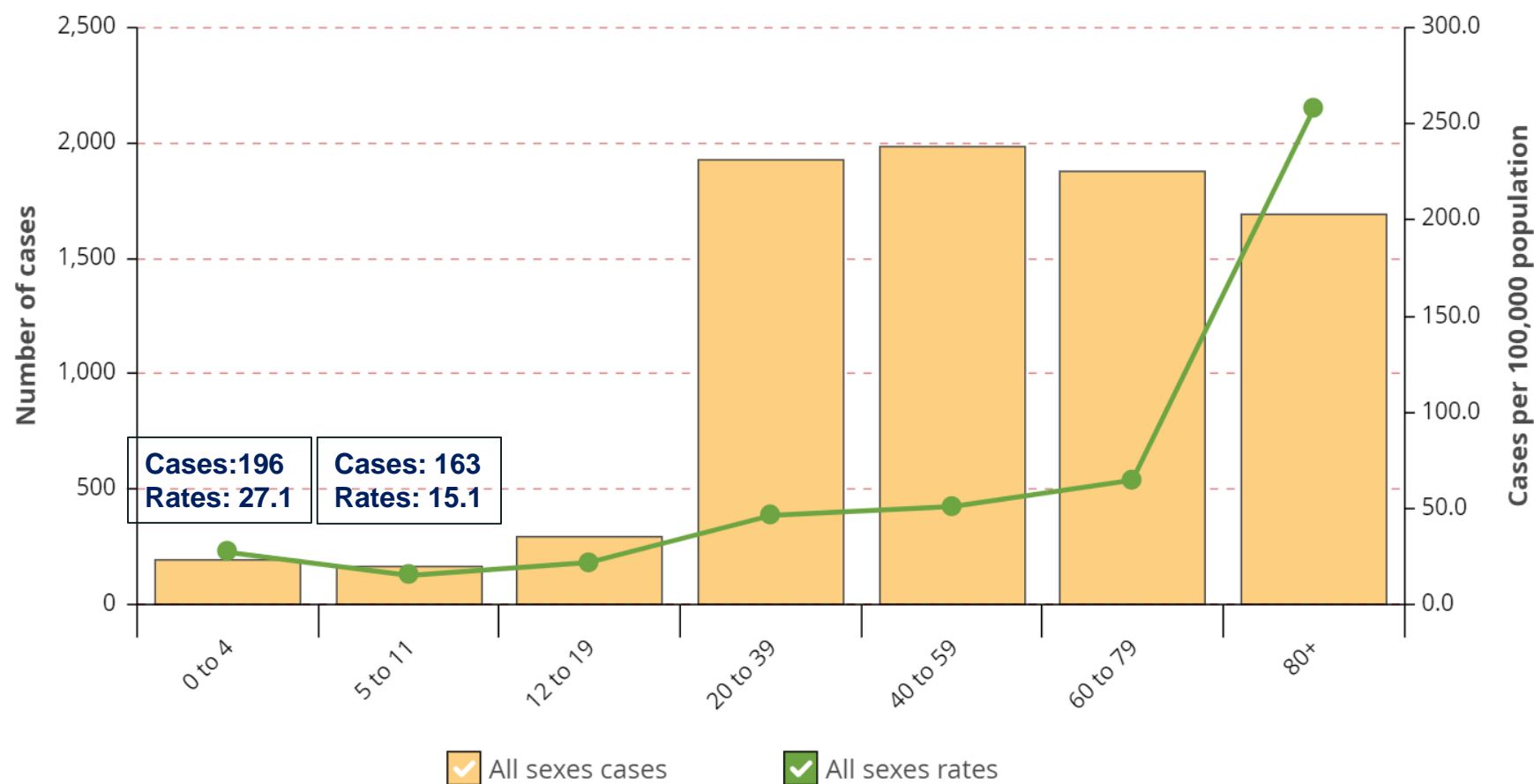
<https://www.toronto.ca/home/covid-19/covid-19-pandemic-data/covid-19-wastewater-surveillance/>



Retrieved September 9, 2022 from: [Ontario's COVID-19 Science Table](#)

# COVID hospitalizations – 0 to 4 yr olds had slightly more hospitalizations compared to older children

Counts and rates of recent hospitalizations among COVID cases by age group in Ontario as of September 3, 2022



## In Toronto:

- 195 children under the age of 5 have been hospitalized due to COVID
- 13 have been admitted to ICU
- 2 have died

Based on data as of September 6, 2022 (TPH)

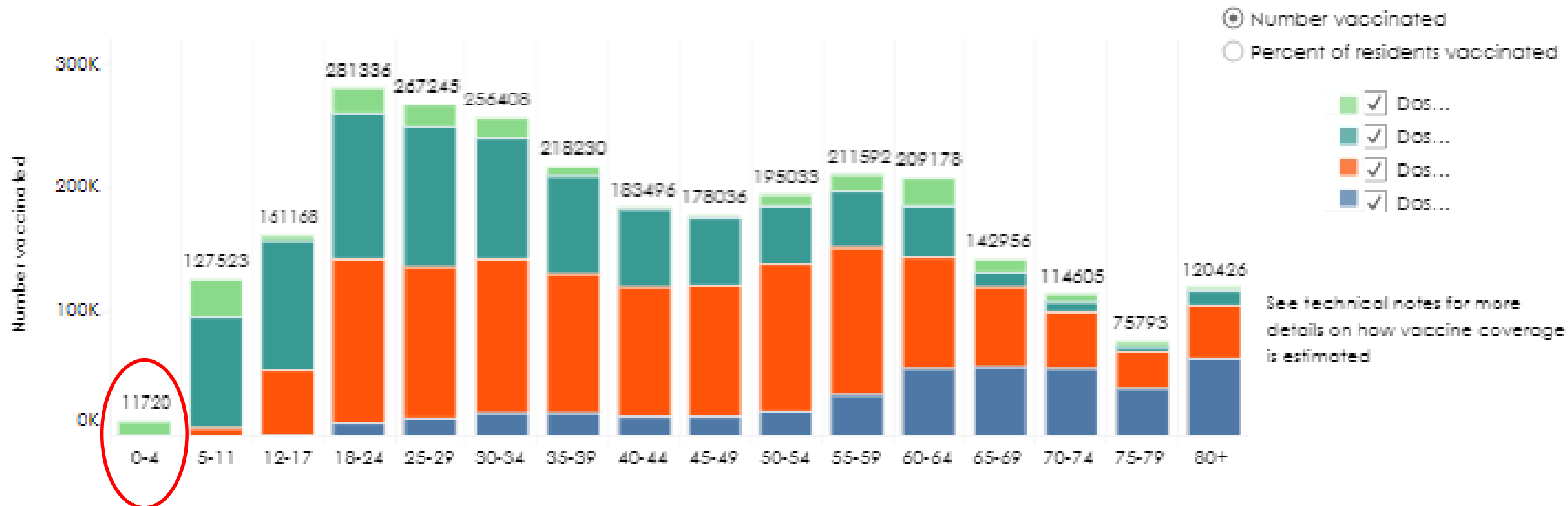
## In Ontario:

- 1,221 children under the age of 5 have been hospitalized due to COVID

Based on data as of August 27, 2022: [Ontario COVID-19 Data Tool—Public Health Ontario](#)

# Over 11,000 ages 6 months to 4 years have received their 1<sup>st</sup> dose in Toronto

**Vaccination by age group** Data as of: September 8 2022 8:00 am



# COVID-19 Vaccine : Children 6 months to 5 years old

- On July 14, 2022, Health Canada approved the pediatric Moderna Spikevax vaccine for children ages 6 months to 5 years.
- Health Canada performed a thorough review and determined that the **benefits of this vaccine outweigh the risks** for children in this age group.
- NACI, Health Canada and the Public Health Agency of Canada will continue to **closely monitor the safety of this vaccine**, and will take action if any safety concerns are identified.

# Pediatric Pfizer Bio-Tech approved for children 6 months to under 5 years

- On September 9, 2022 Health Canada approved **Pfizer BioNTech Comirnaty (3 mcg)** for use in this age group.
- Health Canada performed a thorough review and determined that the **benefits of this vaccine outweigh the risks** for children in this age group.
- **3 dose primary series:** first 2 doses given 21 days apart followed by a third dose given 8 weeks after the second dose.
- Unknown when it will be available in Ontario.

# WHAT IS IN THE PEDIATRIC COVID-19 VACCINE?

Same as older children, youth and adult vaccines



The vaccines contain instructions to have your body make antibodies



The vaccines contain lipids, salts, sugars and buffers



They do not contain eggs, gelatin, preservatives, latex or antibiotics



There is no COVID-19 virus in the vaccine that can give you COVID-19



# COVID-19 VACCINES FOR CHILDREN 6 MONTHS TO UNDER 5 YEARS OLD



Now eligible for 2 doses of pediatric Moderna vaccine given 8 weeks apart



Protects against serious illness & hospitalization from COVID-19



Even if a child recently had COVID-19, vaccination is still safe & provides stronger protection



Talk to a health care provider for more information



Book an appointment at a city clinic:  
[Toronto.ca/COVID19](https://toronto.ca/COVID19)  
or call 1-833-943-3900

# Vaccine Side Effects in young children

- Common COVID side effects seen in young children are similar to those seen in older children, youth & adults.
- Usually mild and go away within 1 to 3 days.
- They include:
  - \***Fever** and chills
  - Sore arm near the injection site
  - Feeling tired
  - Headache
  - Achy muscles or joints

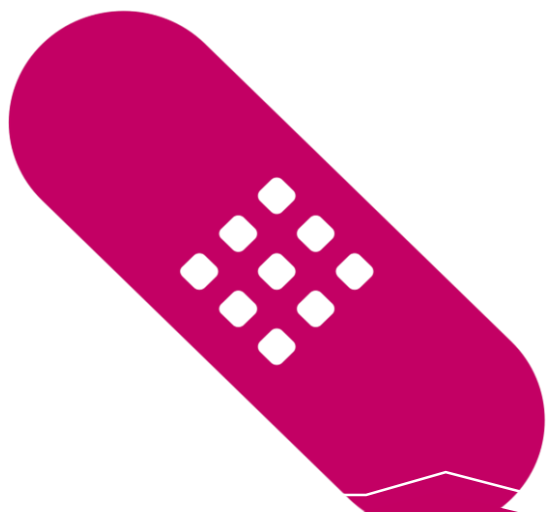
\* Rates of fever greater than 38°C among vaccine recipients were consistent with other commonly used and recommended pediatric vaccines. Observed within 7 days after first and second dose.

# Benefits of Staying Up to Date with Vaccines for Children of All Ages

Staying up to date (primary series & boosters, when eligible) is important because vaccines:

- Are **safe and work with other measures to protect** children and those around them.
- **Safer return to child care settings/schools, and other activities.**
- Help children to avoid hospitalization due to COVID
- **Provide protection from long COVID**, even if they get a COVID infection while vaccinated.
- **Provide protection** ahead of the upcoming respiratory virus season.

# Where can children get vaccinated?



Mass Immunization  
Clinics



Hospitals/ Specialized  
accommodations Clinics






Pharmacies, Family  
Health Teams/  
Primary Care  
Providers

- **Appointments *are required* at most vaccine clinics for children under 5 years old**
- **Appointments *not required* for children aged 5+ at most vaccine clinics**
- **Check before you go to see if they offer vaccines for under 5 or if appointments needed**



## Quick tips to improve your child's COVID-19 vaccine experience:

-  Use distraction techniques, i.e. deep breathing, jokes, music, reading or a new app
-  Bring a special toy
-  Plan a fun way to celebrate afterwards



# Having a positive vaccine experience

## Making vaccines easier for your baby

### PLAN AHEAD

Talk to your doctor before:

- Using skin numbing creams and patches before the needle
- Using acetaminophen or ibuprofen for fever or pain after the needle



### DURING THE NEEDLE

Take deep breaths to stay calm.  
Use your normal speaking voice.  
Babies feel what their parents feel.

Breastfeed your baby before, during and after the needle. If your baby isn't breastfed, sugar water may be given right before.\*



Cuddle your baby on your lap.  
Keep your baby's arms and legs exposed.



Distract your baby with a toy, sing a song, or read a book.



\* To make sugar water, mix 1 teaspoon of sugar with 2 teaspoons of water (for babies only). After breastfeeding or sugar water, wipe your baby's mouth with a damp facecloth.

416.338.7600 | [toronto.ca/health](https://toronto.ca/health) |  **Toronto** Public Health

PH1702SS1269

[LINK](#)

## Making vaccines easier for your child

### PLAN AHEAD

Talk to your child about the health visit:

- They may feel a "poke" or "pinch" for a few seconds.
- Work on a plan together. Have your child choose a toy, book, or electronic device to distract or comfort them.
- Talk to your doctor or pharmacist about numbing creams or patches.
- If your child wants to look, that's OK too.



### DURING THE VACCINATION

Sit your child up and cuddle them during the needle.



Kids feel what you feel.



Distract your child with the toy, book, or electronic device you chose together.



### AFTER CARE

- Praise and reward your child. Positive reinforcement can work in kids of all ages.
- Talk to your doctor about giving acetaminophen or ibuprofen after the needle for fever, aches, or pain.



416.338.7600 | [toronto.ca/health](https://toronto.ca/health) |  **Toronto** Public Health

PH1702SS1269C

[LINK](#)

# Fall Booster Dose Recommendations

- COVID infection and/or vaccine acquired immunity decreases over time.
- Waning immunity especially with Omicron subvariants – reinfections occur
- Fall booster doses are recommended, especially those at risk for getting very sick from COVID, to get stronger protection.
- NACI also recommends a fall booster dose for children, youth and adults (especially high risk individuals), to be prepared for the expected increase.
- If you recently had COVID you can get a booster after 3 to 6 months to get a better immune response.

[NACI Advisory Committee Statement: Interim guidance on planning considerations for Fall 2022 COVID-19 Booster Program \(June 29, 2022\)](#)



# COVID-19 VACCINES FOR CHILDREN AGED 5-11 YEARS OLD

✓ 1<sup>st</sup> & 2<sup>nd</sup> dose



5-11 year olds can get their 1<sup>st</sup> and 2<sup>nd</sup> dose – 8 weeks between doses is recommended for a better immune response

✓ Booster dose



At least 6 months are recommended after 2<sup>nd</sup> dose for extra protection\*

✓ Vaccination is safe & effective



Millions of vaccine doses have been given to children in Canada

✓ Walk-ins & appointments at city clinics welcome



Book at [Toronto.ca/COVID19](https://toronto.ca/COVID19) or call 1-833-943-3900

♥ Protect



Even if a child recently had COVID-19, staying up to date with COVID-19 vaccinations will provide the best protection

\*Right now, only Pfizer is approved as a booster for this age group

# Moderna Spikevax<sup>®</sup> Bivalent COVID Vaccine

- On **September 1, 2022** Health Canada authorized for use as the **first bivalent** (original and Omicron containing) COVID vaccine.
- Approved as a **COVID booster** in **adults ages 18+.**
- Clinical trial results showed vaccine triggers a strong immune response against both Omicron and the original virus strain.
- Also found a **good immune response** against the Omicron **BA.1, BA.4** and **BA.5** variants.
- **No new safety signals or vaccine-related cases of myocarditis or pericarditis** were observed in the clinical trials with booster dose of Moderna Spikevax<sup>®</sup> Bivalent (**50 mcg**).

# Eligibility: Moderna Spikevax® Bivalent COVID-Vaccine

- Starting **September 12, 2022** the Moderna Bivalent Vaccine booster dose will be available to the following groups, if it has been **3-6 month** since their last COVID dose or **3-6 months** since a COVID infection:
  - People aged 70+, residents of Long-Term Care, Retirement Homes and Congregate Care settings
  - Frontline healthcare workers aged 18+
  - Pregnant Individuals aged 18+
  - First Nations, Inuit & Métis individuals and their non-Indigenous household members aged 18+
  - Moderately to severely immunocompromised individuals aged 12-17 years
- As of **September 26, 2022** the Moderna Bivalent Vaccine booster dose will be available to everyone aged 18+, if it been at least **3-6 months** since:
  - last COVID dose OR
  - a COVID infection



# Should I get the Bivalent COVID booster now?

✓ **Residents 18+ are eligible.**

✓ **If you're 70+, have a weak immune system, or are part of another high risk group, it's strongly recommended to get your booster now.**

## BOOSTER DOSES:

- ✓ Protect you from getting very sick.
- ✓ Increase immunity that may have decreased over time.
- ✓ Give extra protection even if you had COVID-19. You can wait to get boosted 3 months after a COVID-19 infection.

## FOR MORE INFORMATION:



[toronto.ca/COVID19](https://toronto.ca/COVID19)



1-833-943-3900

**Up to date** means a person has received all recommended COVID vaccine doses, including any booster dose(s) when eligible.

- Vaccines continue to provide the best protection against COVID-19 and the variants, including Omicron.
- Visit [City of Toronto - COVID-19: Vaccine Eligibility & Doses](#) to see the recommended times to get COVID vaccines including booster(s).

# Ontario's Publicly Funded Immunization Schedule

Age at Vaccination	Vaccine															
	Diphtheria	Tetanus	Pertussis	Polio	Haemophilus B (Hib)	Pneumococcal-C-13	Rotavirus	Measles	Mumps	Rubella	Varicella (Chickenpox)	Meningococcal-C	Hepatitis B	Human Papillomavirus (HPV)	Influenza	Pneumococcal-P23
2 months	✓	✓	✓	✓	✓	✓	✓									
4 months	✓	✓	✓	✓	✓	✓	✓									
6 months	✓	✓	✓	✓	✓	✓	✓									
*1 year					✓		✓	✓	✓		✓					
15 months										✓						
18 months	✓	✓	✓	✓	✓											
4-6 years	✓	✓	✓	✓			✓	✓	✓	✓						
Grade 7											✓	✓	✓			
14 – 16 years	✓	✓	✓													
Every autumn													✓			
Adults	✓	✓	✓													
Every 10 Years	✓	✓														
65-70 years																✓
65 years+														✓		

Boxes filled with the same colour are given as one needle.

Rotavirus vaccine is given by mouth; 2 or 3 doses.

\* Vaccines required at 1-year of age should be given on or after the child's first birthday.

The vaccines in bold print are required for school attendance under the Immunization of School Pupils Act.

Vaccines for Grade 7 students are provided in the schools by local health units.

Make an appointment with a primary care provider to get your child's routine vaccinations updated.

# Monkeypox is a virus not related to the virus that causes COVID

- **First case in Toronto May 20, 2022,**
- **Total Cases: 482,\*** 88% of confirmed cases are men reporting sex with men
- **Vaccines given: almost 24,500\*\* doses**

## Symptoms include:

- Fever, headache, muscle aches, swollen lymph nodes and a rash.
- The rash and/or sores start 1-3 days after the fever.
- Anyone can contract monkeypox, but during this outbreak, gay, bisexual, and men who have sex with men have been affected.
- In Toronto there are **no cases in children; one youth case** (17 year old male who reported sex with same sex).
- There is currently a **low risk** of exposure for children and youth in Toronto.






\*as of Sept 7 2022

\*\* as of Sept 7 2022

Resource available  
for childcare, schools and  
parents



## Spotting the differences between Monkeypox, Chickenpox, & Hand, Foot & Mouth disease

	Monkeypox	Chickenpox	Hand, Foot & Mouth Disease
<b>What are the symptoms?</b>    	<ul style="list-style-type: none"> <li>• Fever (1-5 days before rash)</li> <li>• Headache</li> <li>• Muscle/back aches</li> <li>• Swollen lymph nodes</li> <li>• Tiredness</li> <li>• Rash</li> </ul>	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Rash</li> <li>• Tiredness</li> <li>• Loss of appetite</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Loss of appetite</li> <li>• Feeling unwell</li> <li>• Sore throat</li> <li>• Headache</li> <li>• Small painful mouth sores</li> <li>• Rash</li> </ul>
<b>What does the rash look like?</b> 	Usually begins as flat red spots (that can look like pimples or heat rash), which turn into blisters and then form a crust.	Small red spots turn into blisters that form a crust. Usually starts on the chest, back and face then other parts of body	Small red spots or blisters often starting in the mouth then hands and feet.
<b>When do symptoms start?</b>	5-21 days after exposure (usually 6-13 days)	10-21 days after exposure	3-5 days after exposure
<b>How long do symptoms last?</b>	14-28 days	4-7 days	7-10 days
<b>When is it contagious?</b>	Usually once rash develops, until blisters have crusted over and fallen off with a fresh layer of skin.	1 to 2 days before the rash develops, until crusting of all blisters.	For duration of illness and up to several weeks after it started.

# Ontario's Masking Guidance

- Masks are not required at the start of the school year.
- Well-fitted, high-quality masks protect ourselves and others from COVID and respiratory infections.
- Recommended for 10 days from the first day after any symptom started, even if test negative or did not test for COVID.
- Special consideration for:
  - Anyone who is at higher risk of getting very sick from a respiratory virus
  - Anyone who lives, works or spends time with someone who is at higher risk, such as someone who has a weak immune system or is a senior.
  - In indoor public settings especially if they are crowded or have poor ventilation.

## Goal

To provide students with a normal return to school, on time and with the full school experience including all extracurricular activities.

**School measures** from Ministry of Education and Health to support in-person learning:

- Good hand hygiene
- Stay up-to-date with vaccinations
- Screen daily with updated screening tool
- Stay home when sick
- Enhanced cleaning procedures
- Improved ventilation
- Availability of high-quality masks for students and staff

# \*New\* School and Childcare Screening Tool based on Provincial Guidance



## COVID-19 & Respiratory Viruses

Daily screening for children/students/adults. A parent/guardian can complete for their child.

September 6, 2021

### 1. Do you have any of these new or worsening symptoms?

#### A) One or more:



Fever > 37.8°C and/or chills



Cough



Trouble breathing



Decrease or loss of taste/smell

#### B) Two or more:



Sore throat



Headache



Feeling very tired



Runny nose/  
nasal congestion



Muscle aches/  
joint pain



Nausea/vomiting/  
diarrhea

### 2. Have you tested positive for COVID-19 in the last 10 days and have symptom(s)?

Yes ☐

No ☐



If "YES" to Q.1 or 2 Stay home & self-isolate



Follow extra measures

### 3. Do you have only one symptom from 1(B) OR any of the following new or worsening symptoms?

Yes ☐

No ☐

- Abdominal pain
- Pink eye
- Decreased or no appetite



If "YES" Stay home until your symptom is improving for 24 hours (48 hours for nausea/vomiting/diarrhea) and you do not have any new symptoms

### 4. Have you been told that you should be quarantining, isolating, staying at home, or not attending school or child care right now? (e.g. by a doctor, federal border agent, public health)?

Yes ☐

No ☐



If "YES" Stay home + Follow instructions you were given

### 5. Have you been told you are a close contact of someone who has symptoms OR someone who tested positive for COVID-19?

Yes ☐

No ☐



If "YES" Follow extra measures + If symptoms develop, self-isolate right away

\*If the symptom is from a known health condition that gives you the symptom, select "No". If the symptom is new, different or getting worse, select "Yes".  
If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 or flu vaccine, select "No".

## COVID-19 & Respiratory Viruses Screening Tool Next Steps

If you answered "YES" to any of the questions on page 1, follow the below instructions:

### Stay Home & Self-Isolate if You are Sick:

Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed in this screening tool, should stay home until their symptoms are improving and seek assessment from their health care provider if needed.

### Follow Extra Measures:

For 10 days after the start of symptoms OR a positive COVID-19 test (whichever came first) OR for 10 days after your last close contact with a person who has symptoms or a positive COVID-19 test:



- Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age);



- Avoid non-essential activities where you need to take off your mask (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn), with reasonable exceptions such as when eating in a shared space at school while maintaining as much distancing as possible;



- Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

Follow this advice even if you test negative for COVID-19 or you did not do a test.

These measures are an added layer of prevention against the spread of COVID-19 and respiratory viruses.

### Follow Additional Guidance if Immunocompromised OR Living in a Highest-Risk Congregate Care Setting:

If residing in a highest-risk setting OR immunocompromised OR hospitalized for COVID-19 related illness, your isolation requirements may differ. See the [provincial screening tool](#) for additional guidance.

### Follow Additional Guidance as Instructed:

If you have been told that you should be quarantining, isolating, staying at home, or not attending school or child care right now (e.g., by a doctor, federal border agent, public health):

- Follow the guidance or directions that have been provided to you.
- If you travelled outside of Canada in the last 14 days, follow federal [requirements](#) for quarantine and testing after returning from international travel.

### Get Tested and Treated if Eligible:

- COVID-19 testing and treatments are available to certain groups. See [here](#) for more information.

This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening and Management of Cases & Contacts of COVID-19 in Ontario \(gov.on.ca\)](#)

[LINK](#)

# School and Childcare Screening Tool based on Provincial Guidance

## **Stay home if you are sick means:**

- Staying home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea, vomiting or diarrhea).

## **Follow extra measures means:**

- After isolating, wear a mask when out in public for 10 days from the first day after any symptom started.
- Avoid non-essential visits to vulnerable individuals at risk of severe infection and highest risk settings (e.g., hospitals, long-term care) for 10 days from the first day after any symptom started.

Follow this advice even if you test negative for COVID or you did not do a test.

# School and Childcare Screening Tool based on Provincial Guidance

## Stay Home & Self-Isolate if You are Sick:

Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed in this screening tool, should stay home until their symptoms are improving and seek assessment from their health care provider if needed.

## Follow Extra Measures:

For 10 days after the start of symptoms **OR** a positive COVID-19 test (whichever came first) **OR** for 10 days after your last close contact with a person who has symptoms or a positive COVID-19 test:



- Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age);



- Avoid non-essential activities where you need to take off your mask (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn), with reasonable exceptions such as when eating in a shared space at school while maintaining as much distancing as possible;



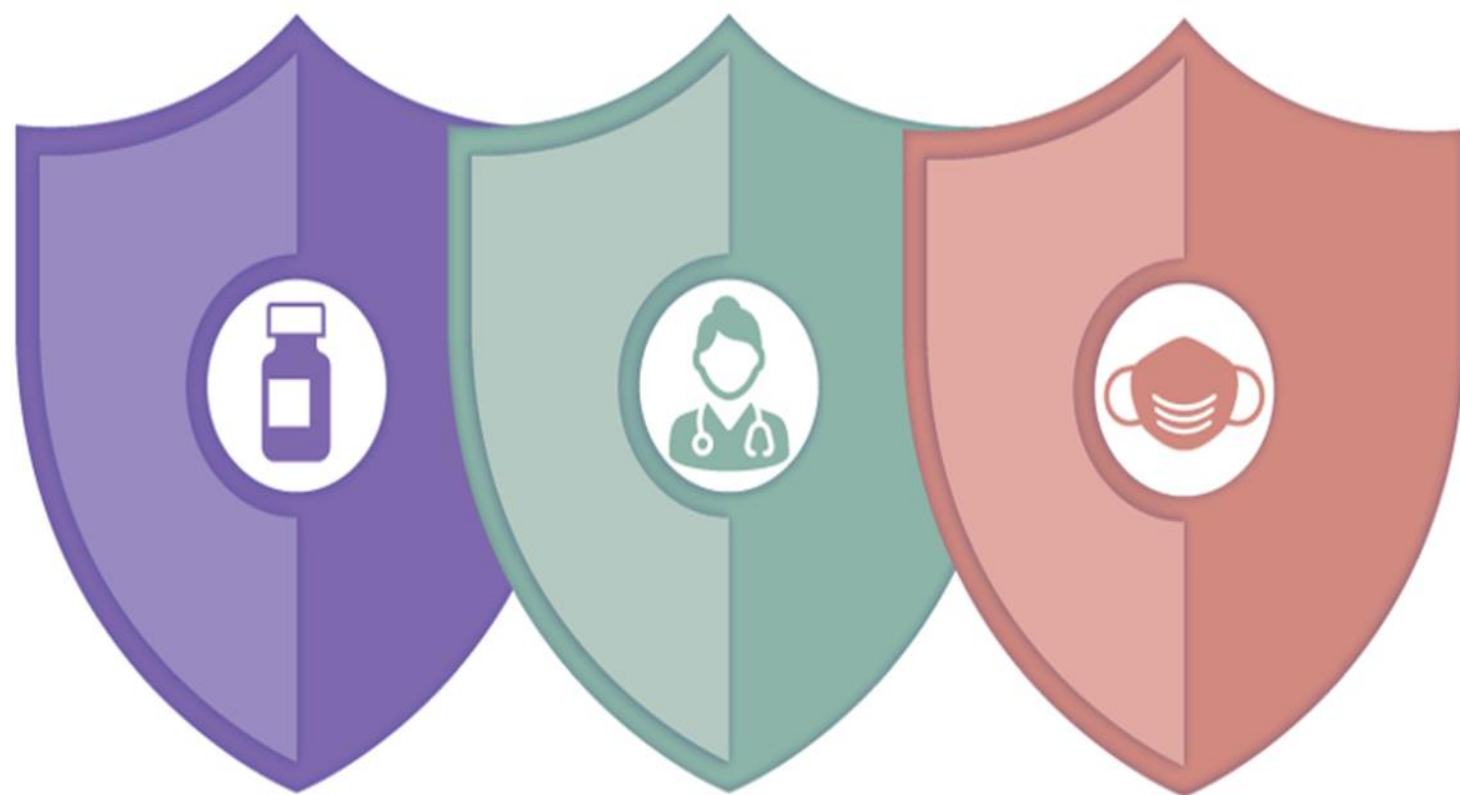
- Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

Follow this advice even if you test negative for COVID-19 or you did not do a test.

These measures are an added layer of prevention against the spread of COVID-19 and respiratory viruses.

# LAYERS OF PROTECTION WORK

to keep you, your family,  
& your community safe  
from COVID-19



## VACCINES:

Stay up to date with your COVID-19 vaccines, including booster dose(s) when eligible

## TREATMENT:

Find out if you are eligible for antiviral medication, get tested if you have symptoms & talk to your doctor

## PREVENTION:

Continue to wear your masks indoors, in crowded spaces, & enjoy your social interaction outside when possible

- **Ministry of Health Vaccine Information Centre**
  - 1-833-943-3900. 7 days/week from 8am-8pm
- **Scarborough Health Network: VaxFacts Clinic**
  - One-to-One phone consultation with a Doctor to answer questions about COVID-19 vaccines, treatments, and other vaccines
  - Don't have to be a Scarborough resident
  - Book an appointment [online](#) or call 416-438-2911 ext. 5738
- **SickKids Hospital: COVID-19 Vaccine Consult Service**
  - By phone appointment only (youth 12+ or a parent/caregiver of a child or youth)
  - Available in multiple languages, using over-the-phone language interpretation
  - [Book online](#) or call 437-881-3505

# Health Connect Ontario - 811

- Connect with a Registered Nurse day or night for free, secure and confidential health advice.
- Check your symptoms, get health advice with referrals to local & specialized services as needed and access to a medical library.
- OHIP not needed. Anonymous calls accepted.
- Refugee Health Hotline calls are now redirected automatically to 811

**Online** (including live chat): [Ontario.ca/healthconnectontario](https://ontario.ca/healthconnectontario)

**Call: 811** or toll free TTY line 1-866-797-0007

Information in a pandemic

***FLIES FAST.***

Make sure you

**CHECK THE  
DATE**

on the information  
you're referencing.

#ScienceUpFirst



# Feedback Survey: COVID-19 Vaccine Webinar

- Thank you for attending this session!
- Please take a few minutes share your feedback about this COVID vaccination webinar with us by using this link:

<https://s.tphsurvey.chkmkt.com/?e=286263&h=F6C3D1FFF9B49E6&l=en>

- Your feedback will be used to help us understand how useful the session was, improve future webinars and will not be identifiable.

# Questions?

