

COVID-19 Vaccination Statement

At Mequite Pediatrics, we recommend vaccinating children and young adults aged 12 years and older against the COVID-19 virus. The approved vaccines are safe and effective in preventing infection, health complications, and limiting the spread in children and young adults as well as the general population.

We understand that there is a lot of mis- and disinformation since the pandemic has begun and we hope that you reach out to us to provide the most up to date and correct information about COVID-19 and the vaccinations. Below are some FAQ's and links for more information.

What are the benefits of getting the vaccination?

- The vaccinations are safe and effective in preventing COVID-19
 - 12-15 yr old Pfizer: 100% effective (no cases of COVID in the research trial)
- Studies show the vaccinations help keep you from getting seriously ill even if you do get COVID-19
- Getting vaccinated yourself may protect those around you, especially those at increased risk of severe illness
- The risk of severe illness and death from COVID-19 infection outweighs any benefit of natural immunity (ie- getting COVID-19)
 - 12-15 yr old Pfizer: showed immune response more robust than 16-25 yr old
- COVID-19 vaccinations are an important tool to help stop the pandemic

See the following links for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

<https://pediatrics.aappublications.org/content/pediatrics/early/2021/05/11/peds.2021-052336.full.pdf>

<https://www.fda.gov/media/144414/download>

What are the most common side effects of the COVID-19 vaccinations?

Side effects are normal signs that your body is building protection against the virus. Often, people report more intense side effects with the second dose. The most common side effects in the study were:

- Pain +/- redness and/or swelling at the site of injection
- Fatigue (tiredness)
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

The most common side effects in adolescents 12-15 years old was similar to 16+ age group:

- Pain at the injection site
- Fatigue
- Headache
- Chills
- Muscle pain
- Fever
- Joint pain

Additional information for 12-15 year group: 6% had adverse events, 0.4% with serious adverse events:

- Adverse: 7 patients with swollen lymph nodes
- Serious adverse: 1 patient with abdominal pain, constipation, neuralgia. 4 patients with depression, anxiety. **All serious adverse events were further determined not to be caused by the vaccination**
- No deaths, no blood clots, no serious allergic reactions, no Bell's palsy

See the following link for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

What about myocarditis and pericarditis?

Based on the latest data, myocarditis seems to be an extremely rare side effect of the vaccination predominantly in older male teens or young adults (16 years and older). It may occur within 4-7 days of vaccination, more often with dose 2 than dose 1. Myocarditis occurs more frequently with COVID-19 infection vs the vaccine, and is often more severe with a higher risk of long term heart disease. The CDC, AAP, and AAFP (among others) still recommend the mRNA COVID vaccinations in children 12 and older.

See the following links for more information:

<https://services.aap.org/en/news-room/news-releases/aap/2021/statement-following-cdc-acip-meeting-from-nations-leading-doctors-nurses-and-public-health-leaders/>

<https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Does-the-COVID-19-vaccine-cause-myocarditis-in-teens-and-young-people.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>

What are the symptoms of myocarditis and pericarditis?

Myocarditis is inflammation of the heart muscle. Pericarditis is inflammation of the lining outside the heart. Symptoms may include sudden onset of chest pain, shortness of breath, or palpitations (irregular heart beat, fluttering, pounding heart). While myocarditis and pericarditis severity can vary, most who have been seen by a medical professional responded well to medications and rest. If you or your child develop these symptoms please contact us immediately.

Are the vaccinations safe?

YES. Over 150 million people in the United States have received COVID-19 vaccines. According to the CDC, these vaccines have undergone the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems (V-Safe) to make sure that COVID-19 vaccinations are safe. The CDC, ACIP, FDA, and AAP (American Academy of Pediatrics) have recommended the vaccinations to 12 + year old (Pfizer) and 18+ (Moderna).

See the following links for more information:

<https://www.aappublications.org/news/2021/05/12/cdc-aap-pfizer-covid-vaccine-teens-051221>

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/The-Science-Behind-the-COVID-19-Vaccine-Parent-FAQs.aspx>

What is the timing between doses?

- Pfizer: 21 days apart
- Moderna: 28 days apart (currently approved for 18 years and older)

How can I get my child ready for the vaccination?

- Check to see if your child is up to date on their routine vaccinations
- If you have questions or concerns please contact our office prior to the vaccination visit
- Schedule an appointment at our office- we offer weekday appointments via this link:
<https://www.mesquitepediatrics.com/covid-vaccines.html>.
- Check vaccine finder or PCHD website for other locations administering Pfizer
- Discuss the vaccination and what to expect before the visit
- Keep the vaccination card, take a picture, and bring to second dose

See the following links for more information:

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Getting-Your-Child-Ready-for-the-COVID-19-Vaccine.aspx>

Can the vaccinations give you COVID?

NO. None of the vaccinations currently available can give you the infection. The Pfizer and Moderna vaccinations are not live vaccinations. However, during the immunization process you will still be at risk for infection. You will be considered fully immunized 2 weeks after the second dose. It is important that you continue to take precautions during this process.

See the following link for more information: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

Do COVID-19 vaccines alter DNA?

NO. COVID-19 mRNA vaccinations (Pfizer and Moderna) do not change or interact with your DNA in any way. These vaccinations work by delivering instructions to our cells to begin building immune protection against the virus that causes COVID-19 infection. Furthermore, the viral vector vaccinations (Johnson & Johnson) also do not alter your DNA.

See the following links for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/viralvector.html>

Can the COVID-19 vaccination affect your menstrual cycle?

NO. Your menstrual cycle is not affected by the vaccination, it is not released in your body. There are many common things that can affect your cycle in these unprecedented times. Menstrual cycles are commonly altered by stress, problems with sleep, changes in diet & exercise, and infections.

See the following link for more information:

<https://www.acog.org/womens-health/faqs/coronavirus-covid-19-and-womens-health-care>

<https://health.clevelandclinic.org/will-a-covid-19-vaccine-throw-your-period-off/>

Can pregnant mothers or nursing mothers get the vaccination?

YES. You may get the COVID-19 vaccination, though we do recommend you speak with your healthcare provider if you are pregnant to discuss your specific health issues. However, it is not required to get approval before getting the vaccination. Pregnant people are more likely to get severe illness with COVID-19 infection. At this time, COVID-19 vaccinations are not thought to be a risk to lactating mothers or their babies. Furthermore, recent studies have shown breastfeeding mothers who have received the mRNA vaccinations (Pfizer and Moderna) have antibodies in their breast milk that may help protect your baby. Recent studies have shown the mRNA vaccinations are not found in breastmilk, only the antibodies.

See the following links for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/12/vaccinating-pregnant-and-lactating-patients-against-covid-19>

<https://www.nature.com/articles/d41586-021-01680-x>