

# How should I prepare my child for the COVID-19 vaccine?

- Dress your child in comfortable clothing that allows for easy access to the upper arm.
- Discuss the vaccine's safety and importance. Explain how getting this vaccine will protect them from getting sick.
- Use kid-friendly language: say "vaccine" instead of "shot."
- Let your child know about the 15-minute post-vaccination waiting period ahead of their appointment. Bring a book, game or toy for entertainment.
- Offer comfort/distraction during the vaccination: hold their hand, play music or a video, or let them sit on your lap.
- Read our tips for avoiding arm soreness.