

Information for parents and guardians

Now that the COVID-19 vaccine is available to youth 12 and over, parents, guardians and their children may have questions about the vaccine and be looking for reliable information.

You may also be looking for advice on how to talk with and prepare your child, and make it as comfortable as possible for them, especially if they are nervous about needles.

In Canada, there are a number of trustworthy, credible sources on the vaccine, including IWK Health, Nova Scotia Health Authority, the Canadian Paediatric Society and Immunize Canada, among others.

For those looking for information, here are links to a few resources:

- Frequently asked questions on the COVID-19 vaccine for children (developed for parents by the Canadian Paediatric Society): **COVID-19 vaccine for children and youth | Caring for kids (cps.ca)**
- Tips on how to help your child get ready for the vaccine (developed by Nova Scotia Public Health, IWK Health and the Department of Health of Wellness): **<https://novascotia.ca/coronavirus/docs/COVID-Vaccination-Helping-your-child.pdf>**
- Tips for making vaccinations more comfortable for people who may be nervous about needles: **IWK Health - Nervous about needles?**
- Facts about the vaccine and how to get it in Nova Scotia (available in 14 languages including Arabic, English and French): **novascotia.ca/coronavirus/resources/#vaccination**

IWK Health has additional youth vaccination resources posted on its website at **IWK Health - Vaccination Resources for Youth & Families**.

There is also lots of information, including videos on how COVID-19 vaccines are developed and what to expect in a community vaccination clinic, on the Nova Scotia COVID-19 vaccine webpage at **Coronavirus (COVID-19): vaccinate NS - Government of Nova Scotia, Canada**

When you and your child get vaccinated, you are protecting yourselves and helping prevent the spread of COVID-19 to your family, friends and community. Be part of our way forward!



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