

BY EMAIL

August 26, 2021

To the parents of students in Montréal's educational establishments

Re : Vaccination of young people against COVID-19

Montrealers have responded to the call to get vaccinated against COVID-19, and as of today more than 68 % of people aged 12 and over have received two doses of the vaccine. However, as they prepare to go back to school, less than half of 12-17 year olds have been properly vaccinated. With the fourth wave upon us and the worrying effects of the Delta variant, that low protection rate will compromise the return to normal and the pursuit of school, sports and social activities in the coming months. What is more, as the government has announced, only those who have been fully vaccinated will be able to take part in some extracurricular activities.

The very contagious Delta variant is spreading rapidly. It is twice as dangerous as last spring's Alpha variant. Vaccination is our only way of preventing the severe complications that result from COVID-19. Two doses of Pfizer or Moderna vaccines provide 92-94 % protection against hospitalizations, intensive care stays and deaths, while preventing people from developing long COVID. Children respond very well to those vaccines, which give them excellent immunity. Vaccine-related complications cannot be compared in any way to the complications associated with the disease itself : COVID-19. To sum up, not only are people who have been fully vaccinated protected against the serious COVID-19 complications, but they limit the spread, even of the pernicious Delta variant.

We really need your help to stop the pandemic from disrupting the new school year and protect your children. Talk about it to your children who are eligible for the vaccine and sign them up for their first or second doses right away. If everyone's children get vaccinated, it will considerably limit the spread of COVID-19 in your school, and it could open the door to extracurricular activities again. Please note that your consent will be required for vaccinating 12 and 13 year-old children.

Vaccination is free and accessible to everyone, even people who do not have Medicare cards.

Find out about making your appointment at [Quebec.ca/vaccinCOVID](https://quebec.ca/vaccinCOVID) or by calling 514 644-4545. You can also get vaccinated without an appointment.

Once your child has been vaccinated, he or she will be eligible to take part in the “Being vaccinated, it’s a win” contest and will have a chance of winning a scholarship worth \$10,000 or \$20,000. Québec’s “Being vaccinated, it’s a win” contest <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/being-vaccinated-a-win-contest>

This variant is extremely contagious; people who are not vaccinated run a very, very high risk of being infected during this fourth wave. Vaccination is still the most effective way to combat COVID-19.

The only way to protect both yourself and your children and reduce the risk of spreading the infection to others is to get two doses of the COVID-19 vaccine. If you or your children have not yet been vaccinated, or have only received one dose, please go and get vaccinated right away!



Mylène Drouin, MD
Regional Director of Public Health



Vaccination brings us closer to our favourite activities

Vaccination is the best way to protect yourself against COVID-19 and its complications.

Did you know that COVID-19 can have serious consequences that can last a long time, like memory or breathing problems, or fatigue? Even young people are at risk, especially with the new, stronger variants.

The more people are vaccinated, the more we reduce the spread of COVID-19 and its impacts on school, sport and social activities.

With 2 doses of vaccine, you reduce your risk of spreading the virus to your loved ones and to younger children who can't be vaccinated yet.

Is the vaccine effective?

Yes. The vaccine is close to 100% effective in preventing COVID-19 in young people after 2 doses.

Is the vaccine safe?

Yes. It has passed all stages of Health Canada's approval process. Around the world, almost 5 billion doses of vaccine have been given to date.

Can you get COVID-19 from the vaccine?

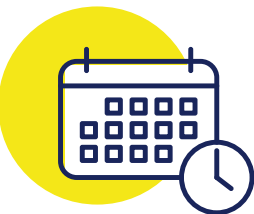
No. It does not contain the virus that causes the disease.

Are there any side effects from the vaccine?

Yes. The most common side effects are pain on the arm where you get the shot, headache and fatigue. There can be other side effects, but they are less common: chills, fever, muscle pain. They last 1 or 2 days on average and you can take an analgesic like Tylenol to relieve them. Side effects don't last a long time and are much less serious than complications from COVID-19.

Are you afraid of needles?

Getting the shot is very fast: it only takes a few seconds. Health professionals who give the vaccine know how to reassure you. Don't hesitate to talk to them about it.



Questions and appointment

If you have questions or want to book an appointment, go to the Website or call us:

[Quebec.ca/COVIDvaccine](https://quebec.ca/COVIDvaccine)

514-644-4545



Vaccination against COVID-19 for children age 12 to 17

→ COVID-19

What is COVID-19?

COVID-19 is an infection caused by a virus in the coronavirus family. There are several types of coronavirus. Most cause mild symptoms, but others can cause more severe symptoms, like COVID-19, which is caused by the coronavirus known as SARS-CoV-2.

What are the SYMPTOMS of COVID-19?

In children, the main symptoms can be similar to those of the common cold. Most common symptoms are fever, cough, nausea and vomiting, stomachache, and diarrhea. Other symptoms can also appear like sore throat, headache, muscle aches, severe fatigue, severe loss of appetite, sudden loss of smell without nasal congestion, and difficulty breathing.

How is COVID-19 SPREAD?

COVID-19 is spread from person to person through contact with droplets released into the air when an infected person breathes, talks, coughs, or sneezes. An asymptomatic person can spread COVID-19 without realizing it. It can also be spread via contaminated surfaces and objects, although that's not the main mode of transmission.

If your child is under 14 years of age, it is very important that you complete the consent form on the last page of this leaflet and return it to the school as soon as possible, whether you choose to have your child vaccinated or not.

If your child is age 14 or older, they can provide their own consent for vaccination.

- > Pfizer's messenger RNA (mRNA) COVID-19 vaccine is recommended for children age 12 and over.
- > The primary goal of this vaccination is to protect against COVID-19 and related complications.
- > Your child should wear a short-sleeved shirt on vaccination day.

What are the POSSIBLE COMPLICATIONS of COVID-19?

Possible complications of COVID-19 include:

- Pneumonia and other respiratory issues
- Heart problems
- Neurological problems
- Death

In addition to these complications, some people also experience COVID-19 symptoms such as loss of smell or fatigue lasting several months.

What's the best way to PROTECT against COVID-19?

Vaccination is the best protection against COVID-19, especially when combined with other measures such as social distancing, wearing a mask or face covering, and hand washing.

→ Vaccination

WHY vaccinate 12 to 17-year-olds?

The aim of vaccinating children age 12 to 17 is to protect them against COVID-19 and its complications.

Vaccination curbs the spread of the virus so they can keep going to school, sports, and social activities and that a more normal life can be resumed as soon as possible.

Which VACCINE is used?

Pfizer's mRNA COVID-19 vaccine is being used for children age 12 to 17.

Is the Pfizer mRNA COVID-19 vaccine EFFECTIVE?

Yes. The vaccine is close to 100% effective in preventing COVID-19 in children after two doses.

Is the Pfizer mRNA COVID-19 vaccine SAFE?

Yes. The Pfizer vaccine is approved by Health Canada. It was put through all the steps of the vaccine approval process. High quality studies were also performed on a large sample of people. Experts are closely monitoring any adverse reactions that could occur following vaccination and are taking steps to ensure that the vaccine is used safely.

HOW MANY doses are required?

Two doses of Pfizer's mRNA COVID-19 vaccine are required, given via intramuscular injection.

Children who have already had COVID-19 may only need one dose of the vaccine. However, they can receive a 2nd dose if they want so.

For those who are immunocompromised, two doses are required even if they have already had COVID-19. The vaccinator will determine how many doses are required for each children.

How long does PROTECTION against COVID-19 last after vaccination?

Studies to better determine how long protection lasts are still ongoing. Protection last at least six months.

Can the vaccine CAUSE COVID-19?

The vaccine can't cause COVID-19 because it doesn't contain the virus that causes the disease. However, if someone comes into contact

with the virus in the days preceding or following their vaccination, they could still develop COVID-19.

It's important to continue to follow health guidelines until most of the population has been vaccinated.



What are the **POSSIBLE REACTIONS** to the vaccine?

The majority of children will experience:

- pain at the injection site (90%),
- headache (76%),
- fatigue (78%).

Many children may also feel:

- chills (49%),
- fever (24%),
- muscle aches (42%),
- joint pain (20%).



Most of these reactions last one to two days. They are more common after the second dose.

Often, redness or swelling at the injection site is observed (9%).

Rarely, nausea or swelling of the armpit lymph nodes may occur (less than 1%).

In a minority of young people, reactions to the vaccine may prevent them from carrying out daily activities for one or two days, most commonly after the second dose.

Less than 1 in 10,000 people who receive Pfizer's COVID-19 vaccine may develop myocarditis (inflammation of the heart muscle) or pericarditis (inflammation of the lining of the heart) within a few days following the 2nd dose. This reaction

is more common in young men. Most of these people have recovered and do not seem to have any sequels.

About 1 in 50,000 people may have a severe allergic reaction after receiving the mRNA COVID-19 vaccine. The frequency of this reaction is higher than what is usually expected after a vaccine, but still very rare. This type of allergic reaction usually occurs within minutes. Staff onsite are trained on how to stop it right away.

What should I do **IF THEY HAVE A REACTION** to the vaccine?

Apply a cold wet compress to the injection site to reduce pain, swelling, redness, or itching. To reduce fever or discomfort, administer acetaminophen (like Tylenol) or ibuprofen (like Advil). It is important to see a doctor if they develop chest pain, palpitations or shortness of breath.

Do not hesitate to call Info-Santé 811 or consult a physician, depending on the severity of the symptoms.

You may receive an email from enquete-vaccinocovid@canvas-covid.ca or infovaccination-fmss@canvas-covid.ca asking you to participate in a survey for active monitoring of adverse events following COVID-19 vaccination. Please visit Quebec.ca for more information. No personal information will be requested in the survey. Individuals who disclose an adverse event will be contacted again. At that point, personal information may be requested, such as the date of birth or the health insurance number of the person vaccinated.



DT9593

**CONSENT FOR VACCINATION
AGAINST COVID-19
FOR USERS UNDER THE AGE OF 14**

User's last and first name			
Mother's last and first name			
Father's last and first name (optional)			
Date of birth	Year	Month	Day Sex <input type="checkbox"/> M <input type="checkbox"/> F
Health insurance number (if available)	Year	Month	Expiry date
Address (number, street)			
City		Postal code	

GENERAL INFORMATION			
Name of school:		Class:	
Authorized person to consent to vaccination (last name, first name):		Status: <input type="checkbox"/> Parental authority <input type="checkbox"/> Guardian	
Area code	Home phone no.	Area code	Other phone no. <input type="checkbox"/> Cell <input type="checkbox"/> Work
Email address:			

USERS UNDER AGE 14 (Written consent is not required for children age 14 and up, as they can provide their own consent for vaccination.)					
PRE-IMMUNIZATION QUESTIONNAIRE					
	QUESTIONS REGARDING YOUR CHILD'S HEALTH	YES	NO	N/A or IDK	DETAILS
1.	Health problems Do either of these situations apply to them: <ul style="list-style-type: none"> • They have had a positif test for COVID-19. • They have symptoms of COVID-19. • You have noticed a recent change in their condition (e.g., appearance of unusual symptoms). • They have a health condition that requires medical monitoring or regular medication. If either of these situations apply, please indicate details.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2.	Immunosuppression Do either of these situations apply to them: <ul style="list-style-type: none"> • They take immunosuppressant drugs. • They have a disease that weakens the immune system, like cancer. If either of these situations apply, please indicate the drug or disease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3.	Previous reactions Have they ever had a significant reaction (other than a food, seasonal, or pet allergy) after receiving a vaccine or other product that required a visit at the hospital? If yes, please tell us what product caused this reaction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4.	Bleeding disorder Do they have or have they had a blood clotting disorder (e.g., thrombosis, thrombocytopenia) requiring medical attention or are they taking an anticoagulant?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5.	Immunization or blood products Do either of these situations apply to them: <ul style="list-style-type: none"> • They have received a vaccine in the last 14 days. • They have been hospitalized for COVID-19 treatment in the last 90 days. If either of these situations apply, please indicate the treatment or vaccine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Legend:
 N/A : Not applicable
 IDK: I don't know

User's last and first name

Record no.

PARENT/GUARDIAN CONSENT (DECISION)

As the parent or guardian of a child under the age of 14, you are in charge of vaccination decisions for this child.

Explanations to help you make an informed decision are provided in the leaflet attached to this form.

Your consent applies to 2 doses of COVID-19 messenger RNA vaccine (Pfizer).

If your child has already had positive test to COVID-19, the vaccinator will assess them and then administer the required number of doses; only one dose may be required.

Indicate whether or not your child may be vaccinated against COVID-19 with Pfizer RNA COVID-19 vaccine.

You may change your consent at any time.

- I CONSENT to have my child vaccinated against COVID-19.
- I DECLINE to have my child vaccinated against COVID-19.
- DOES NOT APPLY because my child has already been vaccinated against COVID-19.

Parent's or guardian's signature:

Date

Year Month Day