

Get your COVID-19 vaccine when it is available so you can get back to the activities you enjoy!

Thank you for all the sacrifices you have made over the past year. We know it's been hard missing friends, activities, school and so many of the things and people you love.

We are confident that things will return to normal soon – and you have an important role to play in making this happen.

Am I Eligible for the COVID-19 Vaccine?

The Pfizer-BioNTech vaccine is authorized for youth born in or before 2009. The vaccine is free, voluntary, safe, and it works.

Can I Consent to this Vaccine?

COVID-19 vaccines are only provided if informed consent is received from the person to be vaccinated, including youth, and as long as you have the capacity to make this decision.

This means that you understand:

- what vaccination involves,
- why it is being recommended; and
- the risks and benefits of accepting or refusing to be vaccinated.

At the clinic, the healthcare provider will go through this information with you and answer any questions you have.

Even if you are able to provide informed consent, it would be a good idea to talk about this decision with your parent/guardian or an adult you trust such as your principal or a teacher.

If you are not able to consent to receiving the vaccine, you require consent from your substitute decision-maker, such as your parent or legal guardian.

Where Can I Get My Vaccine?

Vaccine can be accessed at one of the following:

- **In-School Clinics** (*More information about these clinics will be communicated through school boards and schools*)

- **Immunization clinics** (Please visit myhealthunit.ca/GetVaccinated for up-to-date information on scheduled clinics across the Health Unit district)
- **Local pharmacies** (call in advance to verify availability of Pfizer BioNTech vaccine)

You do not need to attend a clinic with a parent or guardian, but they are welcome to come with you.

How Do I Register for a Vaccine Appointment?

A vaccine appointment can be booked by you, or with your permission, by your parent or guardian.

- If you **do** have a Health Card (OHIP) - book online at Ontario.ca/bookvaccine or call 1-833- 943-3900. Hours of operation are 8 a.m. to 8p.m. daily.
- If you **do not** have a Health Card (OHIP) - call 1-844-478-1400. Call Centre is open from 8:45 a.m. to 4:30 p.m. Monday to Friday.

Walk-ins are welcome at community clinics. Walk-in hours are outlined in the clinic schedule which can be found at myhealthunit.ca/GetVaccinated.

Second dose appointment details will be provided at the end of the first dose appointment.

Why Should I Get the COVID-19 Vaccine?

Getting vaccinated against COVID-19 is a way that you can protect yourselves, your family, your friends and your community. Although you are less likely to experience serious illness from COVID-19, some young people do get sick and require hospitalization. Vaccines are the best way to prevent this from happening. Vaccines protect us by helping our body build immunity and decreasing our chance of spreading it to others. Millions of doses have already been given to youth worldwide and are proven to work well and be very safe.

Getting vaccinated means getting closer to the things you love doing like hanging out with friends, sports, volunteering and going to school. The faster everyone gets vaccinated, the sooner life can return to normal again.

If you have any questions, reach out to your parents, a trusted adult and/or your family doctor, pediatrician or nurse practitioner. Your [local public health unit](#) will also have accurate information regarding COVID-19 and vaccines. While there is also a lot of information on the Internet and social media, not all of it is accurate. If you are looking for information about COVID-19 vaccines, be sure to rely on trusted, expert sources. You can also learn more at Ontario.ca/COVIDYouthVaccine.