

# COVID-19 Vaccine for Teens



**Everyone 12 years and older is eligible to get the COVID-19 vaccine.**

Visit the County's website [www.VaccinateLACounty.com](http://www.VaccinateLACounty.com) to check for and to schedule an appointment for vaccination. Many locations including the County-run sites are accepting walk-ins.

If you don't have internet access, can't use a computer, or you're over 65, you can call 1-833-540-0473 for help finding an appointment.

**Need Help:** During COVID-19, Beach Cities Health District has launched a School Well-Being Line to provide enhanced mental health support and to help navigate questions related to health and safety at school.

If you have questions about the Symptom Assessment Tool, COVID-19 vaccines or any other health and safety inquiries, call BCHD's School Well-Being Line for School Families at **310-374-3426**, and press option 2 on school days between 7:30 a.m. – 4 p.m.

The COVID-19 vaccine development is continually evolving. For up-to-date information, visit [bchd.org/covidvaccine](http://bchd.org/covidvaccine). To receive our e-newsletters, sign up on [bchd.org/coronavirus](http://bchd.org/coronavirus).

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## SAFETY

### Which COVID-19 vaccine can teens get?

Minors age 12-17 can only receive the Pfizer vaccine. They cannot receive the Moderna or Johnson & Johnson vaccine because these vaccines are only authorized by the FDA for individuals age 18 and over.

### What are the side effects?

- **Pfizer-BioNTech:** Pain at the injection site, tiredness, headache, muscle pain, chills, joint pain and fever. [Source: FDA](#)
- More people experienced these side effects after the second dose than after the first dose; you can expect that there may be some side effects after either dose, but even more so after the second dose.
- You may get side effects in the first 2 days after getting the vaccine. Side effects are more common in younger people. They usually do not last long, and you should feel better within a day or two. [Source: Los Angeles County Department of Public Health](#)
- Experiencing side effects is a normal sign that your body is building protection. [Source: CDC](#)

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## GETTING VACCINATED

### If teens are less likely to get sick from COVID-19, why do they need a vaccine?

Even though it is rare for children to get seriously ill from COVID-19, children who are 16 years and older have needed hospital care for COVID-19. This is especially true for teens with underlying health conditions such as weakened immune systems, obesity or chronic lung conditions. Having the vaccine may also give parents and teens alike peace of mind to return to more typical activities like in-person instruction and participating in sports, which is great for mental health. [Source: Children's Hospital Orange County](#)

### Do I need to accompany my teen to the vaccination?

The information below applies to minors being vaccinated at a site run by the Los Angeles County Department of Public Health:

- For all minors age 12-17: a consent form signed by a parent or legal guardian is required for both visits.
- 16 and 17-year-olds should be accompanied by their parent or legal guardian if possible.
- 12-15 year-olds must be accompanied by their parent, legal guardian or a responsible adult. If the child is accom-

panied by a responsible adult, the consent form must name the responsible person and be signed by the parent or legal guardian. The responsible person must bring their photo ID.

- Note: If the minor is being vaccinated at school, consent is required; however, the school's guidance should be followed on whether a parent/legal guardian or named adult needs to be present.
- Public Health consent form: [English](#) | [Español](#)
- Consent forms are available at the vaccination site, or can be printed for free in LA County libraries.

### **How is the vaccine administered? When does my teen get the second dose?**

The Pfizer-BioNTech vaccine requires two doses. They are given three weeks (21 days) apart. You must receive the same vaccine for both doses. Your second dose should be administered as close to the recommended 21 day interval as possible. However, if it is not feasible to adhere to the recommended interval, the second dose of Pfizer-BioNTech may be scheduled for administration up to 6 weeks (42 days) after the first dose. Second dose may be administered within a grace period of 4 days earlier than the recommended date for the second dose are also considered valid. [Source: CDC](#)

### **My teen currently has COVID-19; should they get vaccinated?**

No. People with COVID-19 who have symptoms should wait to be vaccinated until they have recovered from their illness and have met the criteria for discontinuing isolation; those without symptoms should also wait until they meet the criteria before getting vaccinated. This guidance also applies to people who get COVID-19 before getting their second dose of vaccine. [Source: CDC](#)

### **My teen had COVID-19; do they still need to get vaccinated?**

Yes, they should be vaccinated regardless of whether they already had COVID-19. That's because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if they have already recovered from COVID-19, it is possible—although rare—that they could be infected with the virus that causes COVID-19 again. [Learn more](#) about why getting vaccinated is a safer way to build protection than getting infected. If they were treated for COVID-19 with monoclonal antibodies or convalescent plasma, they should wait 90 days before getting a COVID-19 vaccine. Talk to their doctor if you are unsure what treatments they received or if they have more questions about getting a COVID-19 vaccine. [Source: CDC](#)

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## VACCINES AND SCHOOL

### **Will schools require a COVID-19 vaccine for students to return in the fall?**

While state law requires children at public K-12 schools to be immunized against 10 serious communicable diseases if they want to attend public or private schools and child care centers, there is not currently a requirement for COVID-19 vaccines. [Source: California Department of Education](#)

### **Will students have to wear a face mask after getting vaccinated?**

Yes, all students over age 2 are required to wear face masks at all times while on school property except while eating, drinking or carrying out other activities that preclude use of face masks. Alternative protective strategies may be adopted to accommodate students who are on Individualized Education or 504 Plans and who cannot use or tolerate a face mask. Students who cannot wear a mask should not be placed with a cohort or group of students in the classroom. They may be able to tolerate a face shield with drape at the bottom which does not provide the same extent of source control or personal protection as use of a properly fitted, multi-layered face mask, therefore a student who cannot wear a mask can receive necessary services in a one-to-one setting with staff wearing appropriate PPE. They may also need to be accommodated via distance learning. [Source: Los Angeles County Department of Public Health](#)

### **Will UCs and CSUs require a COVID-19 vaccine?**

In the interest of maintaining the health and safety of students, employees, guests and all members of campus communities, the California State University (CSU) joined the [University of California](#) (UC) in announcing that the universities intend to require faculty, staff and students who are accessing campus facilities at any university location to be immunized against SARS-CoV-2, the virus that causes COVID-19. This requirement will be conditioned upon full approval of one or more vaccines by the U.S. Food and Drug Administration (FDA), as well as adequate availability of the fully approved vaccines. This requirement will become effective at the beginning of the fall 2021 term, or upon full FDA approval of the vaccine, whichever occurs later. [Source: CSU](#)