

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

Dear Student (12 to 17 years of age):

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.

The Pfizer-BioNTech vaccine is authorized for youth aged 12-17 years old. The vaccine is voluntary, safe, and it works.

Vaccines are the most effective tool we have to protect ourselves and our loved ones from COVID-19. 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.

If you are 12 or older, you can now [book a COVID-19 vaccine appointment](#). You can also watch for pop-up clinics in your community.

At the clinic, the health care provider will talk to you about the purpose of the vaccine, the risks and benefits, and answer any questions you have. If your parents, adult family members and/or caregivers have not received the COVID-19 vaccine yet, they can also book an appointment or go to the clinic with you. This is the best way to ensure that your family is protected against COVID-19.

Getting vaccinated against COVID-19 is a way that you and your family can protect yourselves, 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.

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](https://Ontario.ca/COVIDYouthVaccine).

Thank you