The Omicron variant is very contagious. Most children will be exposed to Covid-19. Most children will have a mild illness.


The National Advisory Committee on Immunization strongly recommends Covid-19 vaccines for children aged 5 to 11.

What we know about Covid-19 infection in children:

- Most children with Covid-19 will have a mild illness. They may have a fever, sore throat, cough, runny nose, tiredness, vomiting, or diarrhea.
- Some children, including children with no health conditions, can get very sick and die from Covid-19.
- Children can get “long Covid” and have health problems that last weeks, months, or longer (e.g., tiredness, problems with breathing, and muscle pain).
- Myocarditis (inflammation of the heart) is much more common and severe after a Covid-19 infection than after a vaccine.
- Covid-19 can cause multisystem inflammatory syndrome in children (MIS-C).* MIS-C is most common in children aged 5 to 11.

*MIS-C is rare, but very serious. It causes inflammation of the heart, lungs, kidneys, brain, skin, eyes, and stomach.

What we know about Pfizer’s Covid-19 vaccine for children:

- Over 10 million children in North America have had a Covid-19 vaccine.
- Vaccines protect children from getting MIS-C*.
- Mild side effects are common after the vaccine (e.g., sore arm, tiredness). They usually go away after a few days.
- The risk of myocarditis is even lower for children than it is for teens and adults. In the US, the rate of myocarditis in children is less than 5 per million second vaccine doses (less than 0.0005%).
- Long-term side effects are not expected. Vaccine ingredients are gone from the body in 2 to 3 days.
- Vaccines do not affect fertility, genes (DNA), or hormones.

*Focused Covid Communication is: Andrea Chittle, MD, CCFP; Kelly Grindrod, BScPharm, PharmD; Noah Ivers, MD, PhD, CCFP; Samantha Jeinny, MD, PhD, FRPCP; Tara Kiran, MD, MSc, CCFP, FCFP; Kate Miller, MD, CCFP, Menaka Pai, MSc, MD, FRPCP; Adrian Poon, BA; Sabina Vohra-Miller, MSc; Kristen Watt, BScPhm, RPh; Holly Witteman, PhD; Samantha Yammine, PhD. Reviewed by: Rosemary Killeen, BScPhm, PGCert, RPh.

For more information on Covid-19 mRNA vaccines for children, visit:

For more information on myocarditis and pericarditis, visit:

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