

Adams Lake Indian Band

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ALIB Community Communique

FOR IMMEDIATE RELEASE

Dec 16, 2021

Adams Lake Covid 19 Update

Submitted by Health & Wellness Department

Covid vaccines for Children 5 to 11 years old

What are the benefits to getting my child vaccinated against Covid?

Many children who get Covid-19 have mild illness but a small number get very sick. Some children who get Covid-19 continue to have health issues for long periods of time. Children can also pass on Covid to other family members, Elders, and people who are immunosuppressed. As a result vaccinating children keep children safe and others around them.

Who is illegible for Covid-19 for children?

Any child between ages 5 and 11 years old.

How to help your child prepare for the Covid vaccine?

- You can buy numbing cream at your pharmacy, ask your pharmacist. Apply cream an hour prior to your child's appointment.
- The best way to help your child is to distract them with talking or breathing exercises when they are receiving their vaccine.

What are some common side effects of the Covid-19 vaccine for your child?

- Pain, redness, itchiness to injection site. Serious side effects are rare*, but if you notice any health changes in your child after the vaccine contact 811.

*One rare side effect is *Myocarditis* (inflammation of heart muscles). Most cases are mild, treated with rest and improve quickly. Covid-19 can also cause inflam-

mation of the heart muscles and the risks from it is much higher than the risk from the vaccination.

What are the symptoms of *Myocarditis*?

- Chest pain, shortness of breath feeling of rapid or abnormal heart rhythm. If your child experience any of these symptoms call 911 and inform them your child received a Covid-19 vaccine.

How do I make an appointment for my child?

Call 1-833-838-2323 or book online at

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/children>

Covid travel restrictions The Government of Canada is advising Canadians to avoid non-essential travel outside Canada due to the risk of the Omicron Covid variant. As some of you know, the Omicron variant spreads ten time faster than the original Covid strain but so far, its side effects are milder.

Travel outside Canada? If you travel outside Canada you will need to be fully vaccinated, and you may be selected on arrival for a Covid testing which you will need to quarantine in a suitable accommodation until you get your results.

Covid Vaccines If you still in need of your first, second or covid booster please call 811 or book online.

Flu vaccines If you didn't get your flu vaccine yet please contact your local pharmacy.

Snow and elders We would like thank family members for helping their elders with snow shoveling and putting salt to help prevent falls. Keep up the good work to make sure our elders have help with snow shoveling.

Home care: our home makers and our nurse will be off for the Christmas holidays from Dec 18 to Jan 5th. The home care team wishes you Merry Christmas and Happy New Years.

If you are sick and do not feel well, please call 911. If you have Covid symptoms and need information, please call 811. Be safe and healthy. See you in the new year.