



POSITION STATEMENT

June 25, 2021

The College of Physicians and Surgeons of Saskatchewan is aware that one or more Saskatchewan physicians has been questioning the appropriateness of vaccinating children against the COVID-19 virus.

The College supports the public health initiative to maximize the number of people, including children ages 12 and older, who are vaccinated in order to minimize the danger posed by this virus. The College supports the safety and efficacy of vaccinations that are provided to Saskatchewan residents, including children ages 12 and older. The College supports the scientific evidence that demonstrates that if children are not vaccinated, that poses a risk to them and to the people around them.

The College supports the [statement from the Government of Saskatchewan](#) on the safety and efficacy of COVID-19 vaccinations for students 12 years of age and older:

What vaccine will I be getting – is it safe for my age?

You will be receiving the Pfizer BioNTech vaccine. It is approved for use and has been proven safe for anyone 12 and older, based on clinical trials and scientific evidence. All of the COVID-19 vaccines in Saskatchewan are safe and approved by Health Canada. All of them are important to help protect the population from severe illness and death from COVID-19.

Why should I get the vaccine? I heard that people my age don't really get that sick if we catch COVID-19, so what's the point?

There have been a number of young people under 18 in Canada who have become seriously ill from COVID-19. Some have been hospitalized, and even been put on life support machines to help them breathe. Sadly, some have died.

Even if you don't get seriously sick yourself, you could easily spread the virus to people you love – parents, siblings, grandparents, friends, teachers, coaches, or instructors – who may become very sick or possibly die. People who are older are more at risk for serious consequences.

Can teens spread COVID-19 to other people even if they have mild or no symptoms?

Yes. Infected people in all age groups – including teens – can transmit the virus to other people, even if they have mild symptoms or do not feel ill.

The virus is spread from person to person through liquid particles such as aerosols (smaller) and droplets (larger) from the nose or mouth. These are spread when a person with COVID-19 coughs, sneezes or speaks. People can catch COVID-19 if they breathe in these droplets from a teenager or anyone infected with the virus.

Are there side effects from the vaccine?

There might be some mild symptoms a day or two after receiving the vaccine. Pain/swelling at the injection site are most common. You might also experience tiredness, mild headaches, muscle aches or nausea. These are similar symptoms as may be experienced with other vaccines. Serious side effects, like an allergic reaction, are rare. If you have a very serious or unexpected reaction you should call 9-1-1 right away.

The Canadian Paediatric Society's Position Statement on Covid-19 vaccination for children includes the statement *"The Canadian Paediatric Society advocates for the vaccination of all children and adolescents aged 12 years and over to begin as soon vaccine supplies permit."* (Dorothy L. Moore; Canadian Paediatric Society, Infectious Disease and Immunization Committee, May 21, 2021).

The College encourages the Saskatchewan public to review the reliable scientific evidence which supports the safety and efficacy of vaccines for youth and demonstrates that there is a health risk to young people who remain unvaccinated. Some reliable sources include:

The Canadian Paediatric Society [COVID-19 vaccine for children](#)

The Government of Canada [Vaccines for children: Deciding to vaccinate](#)

The Government of Ontario [COVID-19 Vaccines for Youth](#)

The Centers for Disease Control and Prevention [CDC Director Statement on Pfizer's Use of COVID-19 Vaccine in Adolescents Age 12 or Older](#)

The American Academy of Pediatrics [AAP, CDC recommend COVID-19 vaccine for ages 12 and older](#)