

**About COVID-19**

COVID-19 mainly causes respiratory tract infections, but can also cause symptoms from other organs. The elderly and adults with chronic diseases have the greatest risk of a severe COVID-19 disease course. Children who become ill usually have mild and short-term respiratory tract symptoms. Adolescents more often feel generally unwell, with headaches and muscle aches. The risk of a severe disease course among children and adolescents is low. However, vaccination will help to protect the few who could become seriously ill if they are infected, as well as to reduce transmission in society.

**About the vaccines**

The mRNA vaccines Comirnaty (BioNTech and Pfizer) and Spikevax (Moderna) have been approved for use from 12 years of age. The vaccines do not contain live viruses and cannot cause COVID-19 disease. One dose is recommended for adolescents aged 12-15 years (cohorts 2006 - 2009). Older adolescents are recommended to have two doses at 8-12 week intervals. Two doses are also recommended for children with severe underlying conditions and for some children with additional risk factors, after assessment by a doctor. For 12-15-year-olds who have had COVID-19, vaccination is not currently recommended. Adolescents aged 16-17 years will be offered one vaccine dose. The protection against a severe disease course is already good three weeks after the first dose.

The majority of side effects occur 1-2 days after vaccination, are mild / moderate and pass after a few days. For some, the symptoms may be more severe. These vaccines seem to cause more of the common side effects than for other vaccines. Common side effects include pain and swelling at the injection site, fatigue, headache, muscle aches, chills, joint pains and fever. Allergic reactions occur in some people. There is good knowledge about common side effects after vaccination, but rare side effects cannot be ruled out.

In rare cases, heart muscle inflammation (myocarditis) can occur after vaccination with mRNA vaccines. The condition usually arises within a week after the second dose and is temporary, so that most people recover within a month. The condition causes chest pain, wheezing, palpitations and fever. In the event of such symptoms, consult a doctor for a medical examination. Norwegian cardiologists consider that COVID-19 disease can cause more serious heart effects among some people than the vaccine, and that this side effect should not prevent adolescents from being offered the vaccine. Read more about the vaccines at [www.fhi.no/cip](http://www.fhi.no/cip).

**Before vaccination**

If the child or adolescent has not reached the age of 16, parents/guardians must give their consent to vaccination. In the case of joint parental responsibility, both parents must consent. Children under the age of 16 also have the right to receive information and their opinions should be heard, according to their age and maturity. Simplified information with drawings can be found in the brochure [Coronavirus vaccine for adolescents 12-15 years](#). Tell the vaccinator if the child has previously had a severe allergic reaction, or has received another vaccine less than a week ago. The health conditions that mean that you should not take the vaccine or that require additional assessment are described in the [self-declaration form](#). [Further information can be found at fhi.no](#).

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Child's name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

I/we want my/our child: \_\_\_\_\_ vaccinated against COVID-19

Parents with parental responsibility: Parent 1: \_\_\_\_\_ Parent 2: \_\_\_\_\_

Parent 1: Full name (write clearly): \_\_\_\_\_

Parent 1: signature: \_\_\_\_\_ Tel. number: \_\_\_\_\_

Parent 2: Full name (write clearly): \_\_\_\_\_

Parent 2: signature: \_\_\_\_\_ Tel. number: \_\_\_\_\_

Information about the child for the vaccinator