Getting Children and Teens Vaccinated for COVID-19

COVID-19 can make children and teens very sick. Getting eligible children and teens vaccinated against COVID-19 can help keep them from requiring treatment in the hospital and protect them from short and long-term complications. Vaccinating children can also help keep them in school or daycare and safely participate in school activities.

The COVID-19 vaccines for children have the same active ingredients as the vaccines given to adults. However, children receive a smaller and more age-appropriate dose that is right for them.

MYTH: COVID-19 vaccines are not safe for children and teens.

FACT: After scientists conducted clinical trials with the COVID-19 vaccine for children, the U.S. Food and Drug Administration (FDA) determined the vaccines are safe and effective for everyone 6 months and older. Ongoing safety monitoring shows that COVID-19 vaccination continues to be safe for children.

MYTH: Children and teens can contract COVID-19 from a COVID-19 vaccine.

FACT: COVID-19 vaccines that are currently available do not use the live virus that causes COVID-19. These vaccines work by using a harmless piece of spike protein from the virus causing COVID-19 to teach the body how to fight the virus that causes it. The body then gets rid of the harmless spike protein within a few days after vaccination.

MYTH: Children and teens who have already had COVID-19 don't need to get vaccinated.

FACT: People can get added protection by getting vaccinated after having COVID-19. For children who have been infected, their next dose can be delayed 3 months from when symptoms started or, if they did not have symptoms, when they received a positive test. If your child tests positive for COVID-19 after getting their first shot, they should wait until their isolation period has ended before getting their second shot.

让儿童和青少年接种COVID-19疫苗

COVID-19可使儿童和青少年病得很重。让符合条件的儿童和青少年接种 COVID-19 疫苗可以帮助他们免于住院治疗，并保护他们免受短期和长期并发症的侵害。为儿童接种疫苗还可以帮助他们正常留在学校或幼儿园，并安全地参加学校活动。

儿童新冠肺炎疫苗的活性成分与成人疫苗相同。然而，儿童接受的剂量更小，更适合他们的年龄。

误解：COVID-19疫苗对儿童和青少年不安全。

事实：在科学家对儿童的COVID-19疫苗进行临床试验后，美国食品药品监督管理局（FDA）确定这些疫苗对6个月及以上的人都是安全有效的。同时，对正在进行的安全监测表明，新冠肺炎疫苗接种对儿童仍然是安全的。

误解：儿童和青少年可以通过COVID-19疫苗感染COVID-19。

事实：目前可用的新冠肺炎疫苗不使用导致新冠肺炎的活病毒。这些疫苗的工作原理是使用新冠肺炎病毒中的一段无害刺突醣蛋白，教身体如何对抗导致这种病毒的病毒。然后，身体在接种疫苗后几天内清除这个无害刺突醣蛋白。

误解：已经患过COVID-19的儿童和青少年不需要接种疫苗。

事实：人们在接种COVID-19疫苗后可以获得额外的保护。对于已被感染的儿童，他们的下一次剂量可以从症状开始时推迟 3 个月，或者如果他们没有症状，则在他们收到阳性结果测试时。如果您的孩子在打完第一针后检测出COVID-19阳性，他们应该等到隔离期结束后再打第二针。
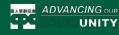
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蔬菜聚光灯: 墨西哥辣椒
VEGETABLE SPOTLIGHT: JALAPENO

墨西哥辣椒罗勒炒鸡 (3-4人份)
Jalapeno Basil Chicken Stir Fry (SERVES 3-4)

材料:

- 1.5磅鸡胸肉，切成薄片
- 1汤匙玉米淀粉
- 1茶匙生姜粉
- 1茶匙黑胡椒
- ⅓杯减盐酱油
- ¼杯蜂蜜
- 2汤匙米醋
- 1汤匙鱼露
- 2个甜椒，切成片
- 1-2个墨西哥辣椒，切成片状
- 1根大葱，切成片
- 半束新鲜罗勒，切碎

步骤:

1. 将鸡肉、玉米淀粉、姜和黑胡椒粉混合在一起。
2. 将蜂蜜、酱油、米醋、鱼露和1/4杯水混合在一起。
3. 在一个大平底锅中用中高火加热一汤匙食用油。加入甜椒、墨西哥辣椒和大葱，煮2-3分钟。加入鸡肉并搅拌，煮约2分钟。
4. 倒入调配好的酱汁。将酱汁煮沸并搅拌，炒至酱汁均匀地裹住鸡肉，大约8-10分钟。关火，然后加入罗勒搅拌。
5. 可与糙米一起享用，并加额外的罗勒增加香味。

INGREDIENTS:

- 1.5 lbs chicken breast, thinly sliced
- 1 tbsp cornstarch
- 1 tsp ground ginger
- 1 tsp black pepper
- ⅓ cup low sodium soy sauce
- ¼ cup honey
- 2 tbsp rice vinegar
- 1 tbsp fish sauce
- 2 bell peppers, sliced
- 1-2 jalapenos, sliced
- 1 shallot, sliced
- ½ bunch fresh basil, chopped

INSTRUCTIONS:

1. Mix together the chicken, cornstarch, ginger, and black pepper.
2. Mix together the honey, soy sauce, rice vinegar, fish sauce, and ¼ cup water.
3. Heat a tbsp of cooking oil in a large skillet over medium-high heat. Add the bell peppers, jalapenos, and shallots and cook for 2-3 minutes. Stir in the chicken and cook for ~2 minutes.
4. Pour in the soy sauce mixture. Bring the sauce to a boil and stir so the sauce coats the chicken, ~8-10 minutes. Turn off the heat then stir in the basil.
5. Serve warm with brown rice and top with extra basil.