

BY EMAIL

November 25, 2021

**TO PARENTS OF STUDENTS  
WHO ATTEND ELEMENTARY SCHOOLS IN LAVAL**

**Subject: Start of COVID-19 vaccinations in children aged 5 to 11**

Dear Parent,

We are at a crucial stage in our fight against COVID-19. Vaccinations have now started for children aged 5 to 11 and will be offered at all elementary schools between December 1 and 21, 2021. The information will be sent to you by the school. You may also go to one of the vaccinations centres in Laval. We invite you to make an appointment for your child right away.

**You can make an appointment at a vaccination clinic:**

- **Online at [Québec.ca/YOUTHvaccine](https://quebec.ca/YOUTHvaccine)** (select a vaccination clinic near you)
- OR
- **By phone at 1-877-644-4545**

**Vaccinations are safe and effective for children aged 5 to 11**

As a parent, you want the best for your children, and it is normal to have questions about the vaccine. Rest assured that the COVID-19 vaccine is highly effective in children aged 5 to 11 and is very safe. Before being authorized in Quebec, the vaccine was put through a rigorous evaluation process through high-quality studies. Here are some important aspects to consider:

- Serious consequences from COVID-19 (e.g., memory problems, breathing problems and fatigue) can last a very long time, even in children. COVID-19 could also have a significant impact on a child's development. Vaccination offers effective protection against the disease, especially its most severe forms.
- By protecting our school-aged children, we are also protecting their younger siblings who cannot get vaccinated as well as any vulnerable adults they spend time with, such as parents and grandparents. The entire population will therefore be better protected.
- Once children aged 5 to 11 receive two vaccination doses, this will greatly reduce the spread of the virus in our community and help all of us return to our normal school and social activities.
- **Vaccination is free and available to everyone**, even if you do not have a health insurance card.

**What if my child has already had COVID-19?**

Your child will have natural protection for several months. For optimal efficacy, you need to wait **8 weeks after receiving a positive COVID-19 test result** before having your child vaccinated. Healthy children who have contracted the illness need only one dose to have excellent protection against the virus.

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If you have questions, do not hesitate to talk to your family doctor, pharmacist, or other health care professional. You can also contact the Information Service of the Centre intégré de santé et de services sociaux (CISSS) de Laval at **1-877-476-6112**. For more information about the vaccination campaign for children aged 5 to 11, visit the website of the [Government of Québec](#).

Your cooperation is essential. Together, let's put an end to the pandemic!

Director of Public Health,



Jean-Pierre Trépanier, M.D., M. Sc., FRCPC

Director of the COVID-19 Vaccination Campaign,



Isabelle Parent, M. Sc.