

Protect your child's health with these five easy steps.



1. Talk with your pediatrician or family doctor.

Meet with your pediatrician or family doctor to share your concerns and schedule your child's vaccine.



2. Talk with your child.

Discuss with your children what vaccines are, their importance and what might happen after they get it. They may have arm pain, a headache, feel tired, or have achy muscles. These should go away in a day or two. It's important they know this will protect the people around them too!



3. Schedule your child's vaccine appointment.

Pick a location and time that is convenient and fits in your child's schedule. No matter where your child gets the vaccine – doctor's office, school, church, pharmacy, etc. – all locations can access your child's medical record.



4. Prepare your vaccine-ready kit.

Hydration is key. Doctors recommend hydrating before and after the vaccine. Also, have a non-aspirin child's pain reliever on hand in case your child has pain at the injection site, sore muscles, or a headache.



5. Get your child vaccinated.

When you're at the doctor's office or immunization clinic, be calm. Remember kids pick up on how the adults around them are feeling. And remember to reward your kiddo for being brave with a **high five for health!**

High Five for Health is a public service campaign that speaks directly to the concerns of Kentucky parents about COVID-19 vaccines for children ages 5 to 11 years old. The campaign is made possible by the Foundation for a Healthy Kentucky and supported by Anthem Blue Cross Blue Cross and Blue Shield Medicaid.

For more information about the campaign, visit highfiveforhealth.org

