

# The State of Our Children: COVID-19 and Kids



June 8, 2022

## COVID-19 Vaccine: Booster Now Approved for Kids 5 - 11

Research on the efficacy and safety of the Pfizer-BioNTech vaccine for children and adolescents continues to demonstrate that it is effective at protecting against COVID-19 by reducing urgent care visits and hospitalization. In the most recent efforts to bolster protection for kids from COVID-19, the Food & Drug Administration (FDA) has approved the Pfizer-BioNTech booster for children 5-11 years of age. Valley Children's is in alignment with the Centers for Disease Control and Prevention (CDC) and American Academy of Pediatrics (AAP) recommendation: **everyone** 5 years of age or older who is eligible should get vaccinated and boosted.

**In order for children 5 and older to be up-to-date on their COVID-19 vaccine, here is the recommended schedule established by the CDC:**

Age	Authorized Vaccine	Kids who are NOT moderately or severely immunocompromised		Kids who ARE moderately or severely immunocompromised		
		Series	Booster 1	Series	Booster 1	Booster 2
5 years and older	Pfizer-BioNTech	2 doses with 3-8 weeks between the first and second dose	Recommended a minimum of 5 months after dose 2	3 separate doses: Dose 1 and 2 by at least 3 weeks and dose 2 by 4 weeks	At least 3 months after third dose	At least 4 months after previous dose

*Note: The FDA and the CDC Advisory Committee on Immunization Practices (ACIP) will meet later this month for the continued evaluation of vaccine recommendations for kids under the age of 5.*

To protect children from all preventable illnesses, being up to date on recommended vaccines is advised. For more information regarding vaccinations, schedules and more, parents can contact their child's primary care provider. For more information on COVID-19 and vaccines, visit [valleychildrens.org/COVID19](https://valleychildrens.org/COVID19), your local county department of public health's website or [MyTurn.ca.gov](https://MyTurn.ca.gov) to find a COVID-19 vaccine clinic.

### Sources:

Centers for Disease Control and Prevention. COVID-19 vaccine boosters. (June 1, 2022). <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#second-booster>

Centers for Disease Control and Prevention. COVID-19 vaccine interim COVID-19 immunization schedule for ages 5 and older. (June 1, 2022). <https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-immunization-schedule-ages-5yrs-older.pdf>

Centers for Disease Control and Prevention. COVID-19 vaccines. (June 1, 2022). <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Covid19Vaccines.aspx>

## COVID-19 and Influenza: A Rise in Respiratory Illness throughout the Central Valley

Influenza, most commonly known as the flu, has risen a level to “regional activity” based on the number of outbreaks in our community. This rise of the flu is unexpected during this time of year and the majority of cases are influenza A. At the same time, data for positive COVID-19 cases are also rising due to the very infectious BA.2 – a sub variant of Omicron, making it even more contagious than it was before, but with symptoms that are less severe. Symptoms of COVID-19 and the flu are very similar, so if one viral test is negative, it is recommended to test for the other virus. Oral antiviral medication is available for both infections, and is most effective when given early in the course of symptoms (COVID-19 oral therapy is only approved for ages 12 and older).

If you suspect illness in your home, contacting a primary care provider is recommended. Many doctors offer after-hours phone support and telehealth services. If you encounter an emergency, dial 9-1-1.

### Pediatrician or Emergency Department?

When to call your pediatrician and when to visit the emergency department when your child is sick.

 <h4 style="margin-top: 0;">Call Your Pediatrician</h4> <p>Stay home and contact your child’s pediatrician if your child has:</p> <ul style="list-style-type: none"> <li>• Low-grade fever</li> <li>• Fatigue</li> <li>• Cough</li> <li>• Congestion</li> <li>• Sore Throat</li> </ul>	 <h4 style="margin-top: 0;">Visit the Emergency Department</h4> <p>Take your child to the emergency room if your child has:</p> <ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Difficulty keeping fluids down</li> <li>• Trouble staying alert or waking up</li> <li>• Bluish lips and face</li> <li>• Persistent chest pain or pressure</li> </ul>
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### Current COVID-19 data and trends across the Valley Children’s Healthcare network (ages 0-20) (as of May 29, 2022)

	Tests Administered	Positive Tests	Positivity Rate	Hospitalizations
▲	<b>1,321</b>	<b>66</b> <small>(38*)</small>	<b>5.0%</b>	<b>1</b>
▲	<b>1,288</b>	<b>64</b> <small>(46*)</small>	<b>5.0%</b>	<b>1</b>
▲	<b>1,129</b>	<b>34</b> <small>(20*)</small>	<b>3.0%</b>	<b>0</b>
▲	<b>1,054</b>	<b>24</b> <small>(15*)</small>	<b>2.3%</b>	<b>2</b>
▲	<b>998</b>	<b>19</b> <small>(7*)</small>	<b>2.0%</b>	<b>1</b>
▲	<b>826</b>	<b>8</b> <small>(5*)</small>	<b>1.0%</b>	<b>0</b>
▲	<b>708</b>	<b>6</b> <small>(3*)</small>	<b>0.8%</b>	<b>0</b>

\*COVID+ patients in Valley Children’s Emergency Department