

COVID vaccine for children: What you need to know

Mayo Clinic News Network

A COVID-19 vaccine is now available to children ages 12 through 15 in the U.S.

What COVID-19 vaccine has been approved for kids?

The U.S. Food and Drug Administration (FDA) has given the Pfizer-BioNTech COVID-19 vaccine emergency use authorization for children ages 12 through 15. The Pfizer-BioNTech COVID-19 vaccine requires two injections given 21 days apart. The second dose can be given up to six weeks after the first dose, if needed.

Research has shown that the Pfizer-BioNTech COVID-19 vaccine is 100% effective in preventing the COVID-19 virus in children ages 12 through 15. Previous research has shown that the vaccine is 95% effective in preventing the COVID-19 virus with symptoms in people age 16 and older.

How did the FDA determine the safety and effectiveness of the Pfizer-BioNTech COVID-19 vaccine for use in kids ages 12 through 15?

The FDA reviewed a study of more than 2,200 U.S. children ages 12 through 15. Of this group, about half were given the Pfizer-BioNTech COVID-19 vaccine. The other children were given a harmless fake (placebo) shot.

A week after the second dose was given, research showed no cases of COVID-19 in the 1,005 children given the Pfizer-BioNTech vaccine. Among 978 children given the placebo, there were 16 cases of COVID-19. None of the children had previously been diagnosed with COVID-19. The results suggest that the vaccine is 100% effective at preventing the COVID-19 virus in this age group.

What are the side effects of the Pfizer-BioNTech COVID-19 vaccine for kids ages 12 through 15?

Children ages 12 through 15 given the

Pfizer-BioNTech COVID-19 vaccine had side effects similar to those experienced by people age 16 and older. The most commonly reported side effects include: pain where the shot was given; fatigue; headache; chills; muscle pain; fever; joint pain.

Similar to adults, children have side effects that typically last one to three days. More adolescents reported these side effects, except for injection site pain, after the second dose of the vaccine. Some people have no side effects.

After your child is given a COVID-19 vaccine, he or she will be monitored for 15 to 30 minutes to see if he or she has a severe allergic reaction that requires treatment.

It isn't recommended that you give your child an over-the-counter pain reliever before vaccination to prevent side effects. It's OK to give this kind of medication after your child gets a COVID-19 vaccine.

HEALTH

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Now, as the laudable vaccination efforts continue throughout Eastern Oregon, it becomes increasingly important to consider how we are supporting each other as we start to find the "new normal." Understanding the impacts of the pandemic and reaching out for help are both important ways to take care of yourself, your friends and your family.

If you are in immediate danger, call 911. Lines for Life provides free, 24-hour crisis lines for people who are experiencing a mental health crisis, including suicidal thoughts. There is also help for those who are concerned about loved ones' substance use. You can find more information at www.linesforlife.org. If you need help for an urgent but not immediate matter, consider calling the David Romprey Warm Line at 1-800-698-2392.

"Please remember: help is available. If you are struggling, or know someone who is, we want you to know that you are not alone, and you matter. Help is here as you are ready to reach out."

Community Mental Health Programs offer an array of behavioral health and support services in each Oregon county. These providers have 24/7 crisis lines and mobile crisis response teams; Eastern Oregon numbers are listed at www.eocco.com/members/crisis-help. They also provide support for people who are not "in crisis," but want emotional health support with any of life's stressors.

Please remember: help is available. If you are struggling, or know someone who is, we want you to know that you are not alone, and you matter. Help is here as you are ready to reach out. The data shows how often mental health issues exist in our communities. Research data also shows that treatment is very effective in helping people recover from mental health issues, or live a higher quality of life with chronic conditions. By working together, and neutralizing the stigma of getting help, we can have strong, healthy communities where all individuals are supported in achieving health, wellness and their full potential.

We encourage you to assist us in sharing this important message with your friends, families and neighbors — not only during Mental Health Awareness Month, but in the months and years ahead.

For more information, please visit www.mhanational.org/mental-health-month.

Karen Wheeler is the Chief Executive Officer of Greater Oregon Behavioral Health Inc, a nonprofit corporation that administers the behavioral health medicaid benefit, non-emergent medical transportation and community engagement in 12 rural counties.

CHICKEN

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4. Add the bread cubes to the remaining herbed butter and stir to coat. Stuff the buttered cubes inside the cavity, and tie the chicken with kitchen string around the drumstick ends and wings to hold its shape. Put the chicken breast-side up in a baking pan, preferably on a rack. Roast for 20 minutes.

5. Loosen the chicken gently from the rack or the bottom of the pan. Flip to expose the back and baste with the juices. Roast for 20 minutes more. Loosen and flip so the breast faces up again, baste with the juices and roast until the skin is golden brown and crackly, a final 20 minutes (longer if the chicken is more than 3 1/2 pounds). A meat thermometer inserted into the thickest part of the thigh should register 165 degrees. Remove from the oven, cover with foil and let rest 10 to 15 minutes.

6. Carve the chicken and serve with the croutons and cooking juices.



Rao's Famous Lemon Chicken.

Hillary Levin/St. Louis Post-Dispatch-TNS

1. Preheat oven to 425 degrees. Place racks in top and bottom thirds of oven.

2. Whisk together lemon juice, olive oil, vinegar, garlic, oregano, salt and pepper. Cover and refrigerate if not using within several hours. Whisk or shake vigorously before using.

3. Season chicken halves with salt and pepper, place on 2 baking sheets and roast 30 minutes, turning once. Cook

longer if using larger chickens.

4. Remove chicken from oven and preheat broiler. With a very sharp knife, cut each half into 6 pieces (leg, thigh, wing, 3 small breast pieces). Pour sauce over chicken and toss to coat well. If necessary, divide sauce in half and do this in 2 batches.

5. Broil 1 pan of chicken for 3 minutes. Turn each piece and broil for an additional minute. Keep that chicken warm while

repeating with the other pan.

6. Place chicken on serving platter or individual plates. Pour sauce into a heavy saucepan. Stir in parsley and place over high heat for 1 minute. Pour sauce over chicken and serve with lots of crusty bread to absorb the sauce.

RAO'S FAMOUS LEMON CHICKEN

Yield: 6 to 8 servings

- 2 cups fresh lemon juice
- 1 cup olive oil
- 1 tablespoon red wine vinegar
- 1 1/2 teaspoons minced garlic
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- 2 (3 to 3 1/2 pound) chickens, halved
- 1/4 cup chopped parsley

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110 Announcements



*****LOST - MAY 8th*****
Piper was spooked away from her home on Old Wingville Rd. (Between Haines/Baker City) She is black w/a white chin, very friendly and very small 5 lbs. **She is also chipped.** If you find her please call: 541-993-3220

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