

COVID-19 Vaccine Safety in Children and Teens

What you need to know:

- Millions of children and teens ages 5-17 have received at least one dose of a COVID-19 vaccine.
- COVID-19 vaccines have been found, through continued safety monitoring, to be safe and effective for children.
- Those 6 months and older should stay up to date with COVID-19 vaccines. This includes getting booster shots if eligible.
- Serious reactions after vaccination are very rare. Furthermore, the known risks and complications of COVID-19 outweigh the potential risks of having an adverse reaction to the vaccine.
- Side effects may occur after vaccination, though they tend to be mild and temporary. Note that aspirin is not recommended to help manage side effects for those 18 and younger. Placing a cool, damp cloth on the area where the shot was given can help reduce discomfort.
- COVID-19 vaccines are free to anyone living in the U.S., regardless of immigration or health insurance status.

To find a vaccination site near you, search [vaccines.gov](https://www.vaccines.gov), test your ZIP code to 438829, or call 1-800-232-0233.

儿童和青少年COVID-19疫苗的安全性

您需要了解的信息:

- 数以千万计的5至17岁儿童和青少年至少已接种一剂COVID-19疫苗。
- 通过持续的安全监测，发现COVID-19免疫接种对儿童和青少年是安全的
- 6个月及以上的所有人均应保持其COVID-19疫苗的最新接种状态，包括在符合条件的情况下接种加强针。
- COVID-19免疫接种后的严重反应在儿童和青少年中很少见。COVID-19的已知风险和可能的严重并发症超过了免疫接种后发生罕见不良反应的潜在风险。
- 儿童和青少年在接种COVID-19疫苗后可能会产生一些副作用。这些副作用往往是轻微、暂时性的，并与常规疫苗接种后出现的副作用相似。一般来说，不建议18岁以下的人服用阿司匹林。在注射部位放置一块凉爽的湿布可以帮助减少不适。
- 联邦政府正在向美国境内的所有人免费提供COVID-19疫苗，无论其移民或健康保险状况如何。

查询COVID-19疫苗或加强针注射点：搜索 [vaccines.gov](https://www.vaccines.gov)，将您的邮政编码发送至438829，或致电1-800-232-0233查找您附近的位置。

吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 泰国九层塔

Vegetable Spotlight: Thai Basil



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香辣泰国面 (4人份)

Thai Noodles (serves 4)

食材

- 4捆宽米粉，煮熟沥干
- 1/3杯低钠酱油
- 3汤匙蚝油
- 1汤匙鱼露
- 1汤匙芝麻油
- 2个青葱，切片
- 4瓣大蒜，切碎
- 2个切碎的辣椒
- 4个葱，切碎
- 1个红辣椒，切片
- 2根胡萝卜，切碎
- 1/2束泰国罗勒，切碎

INGREDIENTS

- 4 bundles wide rice noodles, cooked and drained
- 1/3 cup low sodium soy sauce
- 3 tbsp oyster sauce
- 1 tbsp fish sauce
- 1 tbsp sesame oil
- 2 shallots, sliced
- 4 garlic cloves, minced
- 2 chile peppers chopped
- 4 scallions, chopped
- 1 red pepper, sliced
- 2 carrots, chopped
- 1/2 bunch Thai basil, chopped



第1步

将酱油、蚝油、鱼露和1/3杯水放入碗中搅拌。

STEP 1

Mix together soy sauce, oyster sauce, fish sauce, and 1/3 cup water in a bowl.



第2步

在平底锅中加油烧热，加入青葱、葱、大蒜、辣椒，炒约2-3分钟，加入红辣椒片，炒约5分钟，倒入混合酱汁后煮沸。

STEP 2

Heat oil in a pan over medium heat. Add shallots, garlic, chili peppers, and scallions and cook for ~2-3 min. Add red pepper and cook for ~5 min. Pour in the sauce and bring to a boil.



第3步

拌入面条、胡萝卜和一些罗勒，再煮3-5分钟

STEP 3

Stir in the noodles, carrots, and basil and cook for another 3-5 min.



第4步

加入剩下的罗勒，尽情享受吧！

STEP 4

Top with more basil and enjoy!