

# COVID-19 News for Schools

WEEK OF MAY 31

Vaccinate West Michigan brings you the latest in COVID-19 vaccine information, as well as stories, events and resources, all with the goal of providing you with timely, relevant information for your school districts, parents and students.

**Vaccinate West Michigan** is a collaborative of local health departments, health systems, pharmacies, colleges and universities, and more – who have partnered together with the common goal to meet the diverse needs of our communities and share COVID-19 vaccine facts, data and clinics. [Learn more.](#)

## Parents: Plan Ahead with Vaccinations



As this school year wraps up, it's not too early to start planning ahead before school sports resume in August and classes in September. Two doses are needed at least three weeks apart, and another two weeks are needed after the last dose to be considered **fully vaccinated**.

Your child can receive a COVID-19 vaccine with other vaccines on the same day, making it convenient to get the COVID-19 vaccine at a regular doctor visit before school starts. Check with your child's doctor or [find COVID-19 vaccine locations](#).

## Conversations and Events



Join Vaccinate West Michigan for the final Keeping Our Kids Safe conversation:

**[June 4, 9 a.m.](#)**

A Conversation with School District Leaders and Clinical Experts

Catch up on the Keeping our Students Safe conversations:

[Watch the Students and Clinical Experts discussion.](#)

[Watch the Parents and Clinical Experts discussion.](#)

## Tips to Play it Safe with Kids Too Young for the Vaccine

COVID-19 vaccines for children under 12 aren't expected to be available until the fall. Until this happens, it pays to play it safe. Young children are less likely to get severe cases of COVID-19, but they can still get sick, develop serious illness or pass COVID-19 to others. Playing with friends and family, and going on vacations are all still possible. Review these tips as you plan your summer activities:

- Outdoor activities and playdates with friends and family are best.
- Kids under 12 should keep wearing masks in public while indoors or in crowded areas.
- [Look for camps](#) with kids in small groups, mostly outdoors, with distancing in place and masks indoors.
- Avoid sleepovers.
- Road trips are generally safer than air travel.

Continue to watch for symptoms. [Learn more about safe activities for those vaccinated and unvaccinated.](#)

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Catherine Grin, 13

### Student Stories Worth Sharing

Catherine, 13, and her twin sister Emily came from a lacrosse tournament to get their first vaccine. [Watch now.](#)



### Informative Reads

Young people, ages 12 to 15, look forward to seeing friends and family as they get the COVID-19 vaccine. Their parents focus on protection. [Read more.](#)

## Q&A:

**Q:** What's actually in the Pfizer and Moderna vaccines?

**A:** Both Pfizer and Moderna have a combination of the following ingredients:

- Messenger RNA (mRNA), the active ingredient that causes the immune response and production of antibodies.
- Lipids, a fatty "shell" to protect the mRNA.
- Salts and sugars to maintain proper pH and keep everything in the vaccine stable.

It's also important to know what isn't in vaccines: blood products, fetal cells, antibiotics, DNA or preservatives. [Read more about vaccine ingredients.](#)

**Q:** We already had COVID-19 in our household. Do we need to get vaccinated?

**A:** Yes, anyone 12 and up should be vaccinated whether you had COVID-19 or not. Here's why:

- Natural immunity as a result of infection can protect for a short period of time, but vaccines can help prevent reinfection and build longer lasting immunity.
- It helps protect those around you that can't get vaccinated, such as children under the age of 12.
- The vaccine helps cover you from the other COVID-19 variants you weren't infected with. [Learn more.](#)